



Taking history to the streets

John Rennie celebrates the life of East End historian **Bill Fishman**

SEE PAGE 15



Get in shape for the New Year

Get fit in 2015 at the borough's leisure centres

SEE PAGES 18 & 19



Places to go, things to do

Find out what's happening in the borough this month

SEE GET A LIFE, INSIDE

ISSUE 1042 12 - 18 JANUARY 2015

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Sir Sam knighted for 20 years as GP

Honours for school head and poppy artists

BY JESSICA ODUBAYO

LOCAL GP Sam Everington has been honoured with a knighthood in the New Year Honours.

The award recognises his services to primary care, the work he has done over the last 20 years as a GP in Tower Hamlets and in helping to shape the future of the NHS.

The Bromley by Bow Centre, which Dr Everington helped set up, is regarded nationally and internationally as an example of effective working between the private, public and voluntary

and community sectors to improve the health of local people.

Dr Everington also chairs NHS Tower Hamlets Clinical Commissioning Group (CCG), which brings together 36 practices and 280 GPs, and is trustee of the King's Fund health think tank.

The citation for his knighthood speaks of him as "a cutting-edge innovator" working among some of the poorest communities in the country.

Dr Everington said: "What a lovely surprise. I feel tremendously lucky to work with a wonderful group of patients, partners and colleagues in the

Bromley by Bow Centre, Tower Hamlets and nationally who are so inspirational and committed to delivering high-quality health care in the NHS."

The council's public health team and the CCG work together closely to ensure health services are commissioned effectively and to improve the health and wellbeing of the local population.

Mayor Lutfur Rahman said: "I want to congratulate Dr Everington on this well-deserved honour. He continues to dedicate himself to ensuring the provision of high-

quality health services and improve access for local residents."

The executive principal for a consortium of academy schools in Tower Hamlets was awarded a CBE in the Honours List for services to education.

Amanda Phillips, of the Paradigm Trust, said the news came as "a total surprise".

"This honour is really for the pupils, families, staff and colleagues with whom I have had the privilege to work over many rich and rewarding years," she said.

The artists responsible for the hugely popular sea of red poppies at the Tower of London last year were honoured.

Paul Cummins and Tom Piper, who devised the Blood Swept Lands and Seas of Red installation of 888,246 poppies to mark the centenary of the start of World War I, received MBEs.

The poppies – one for each British or Colonial military fatality during WWI – attracted thousands of visitors to the Tower.

Continued on page 3



I feel so lucky to work with a wonderful group of patients, partners and colleagues."

Dr Sam Everington, left



Amanda Phillips



There were honours for the artists behind the Tower poppies

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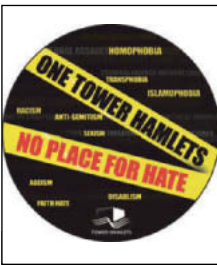
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Book of condolence

A book of condolence for the victims of the attacks in Paris has been opened at the French Embassy in Knightsbridge.



We will not be divided

“I am sure that the people of this borough, of whatever faith or none, will continue to show pride in our diversity, commitment to mutual respect and dedication to maintaining harmony.”

REV ALAN GREEN, CHAIR OF TOWER HAMLETS INTER FAITH FORUM

News

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Council officers at the Town Hall in Mulberry Place, Poplar, gathered to observe a one-minute silence at 11am last Thursday

Faith leaders unite to condemn Paris killings

BY STAFF REPORTER

FAITH and community leaders in Tower Hamlets have condemned the terror attacks and loss of lives in Paris last week.

The Rev Alan Green, chair of the Tower Hamlets Inter Faith Forum, said violence and death were never acceptable responses to offence.

“The overwhelming majority of Muslims in France, as in this country, wish to live in peace and harmony with their fellow citizens.

“We have seen the leaders of

the major faiths come together in Paris to express their outrage and sadness at these cowardly killings and the faith communities in Tower Hamlets share in those feelings and in that solidarity,” he said.

“I am sure that the people of this borough, of whatever faith or none, will continue to show pride in our diversity, commitment to mutual respect, dedication to maintaining harmony and robust but peaceful opposition to any who seek to divide us by violence or abuse.”

Last Thursday, council officers at the Town Hall in Mulberry

Place, Poplar, observed a one-minute silence at 11am, coinciding with the marking of respect across France. They included members of the council’s National Union of Journalists chapel.

And in support of the staff initiative, Mayor Lutfur Rahman tweeted: “Violence solves nothing #paris

“Thoughts with families/friends of those in tragic Paris killings. Violence shouldn’t be used to make points, no matter what journalists wrote.”

Dr Shuja Shafi, Secretary General of the Muslim Council of

Britain, a national umbrella body representing more than 500 mosques, charities and schools, said: “Nothing justifies the taking of life. Those who have killed in the name of our religion today claim to be avenging the insults made against Prophet Muhammad, upon whom be peace. But nothing is more immoral, offensive and insulting against our beloved Prophet than such a callous act of murder.

“Our thoughts, prayers and solidarity go to the families of the victims and the people of France.”

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Boosting confidence and employability

Founded by the Prince of Wales in 2007, Mosaic inspires young people to realise their talents and potential by linking them with mentors such as Abdin Ahmed (left) to boost their confidence.

SEE STORY BELOW

Caring for 40 years

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News

New Year Honours

Continued from page 1

Other people honoured from the borough include:

■ **Jonathan Moulds** from Wapping who received the CBE for services to the London Symphony Orchestra;

■ **Brigid McBride**, from the E14 area, who is digital director at HM Revenue and Customs, received the OBE for services to UK digital transformation;

■ **John Newbigin**, from E1, who chairs Creative England, received the OBE for services to the creative industries and the arts;

■ **Katharine Heron**, Professor of Architecture at University of Westminster, from E14, received the MBE for services to architecture and higher education.

Mental health project launch

A CHARITABLE organisation which is starting a mental health project this month is inviting anyone affected by such issues to the launch event this Thursday, January 15.

The Towards Recovery project will be launched at the Look Ahead Recovery Centre, 53a Barnsley Street, Bethnal Green from 12-3pm. There will be music, food and the opportunity to sign up to free courses.

Call Michelle Warner Borrow on 07713 709352 or email MichelleWarnerBorrow@lookahead.org.uk



Isle of Dogs resident Abdin Ahmed meets the Prince of Wales at the royal estate in Sandringham

Abdin's delight as Prince praises Mosaic's mentors

BY JESSICA ODUBAYO

ISLE of Dogs resident Abdin Ahmed received royal recognition at a reception hosted by the Prince of Wales, after he was named Mentor of the Year.

Mr Ahmed volunteers for Mosaic, an organisation founded by Prince Charles to inspire

young people from deprived communities to realise their talents and potential.

As part of Mosaic's mentoring scheme, he works alongside secondary school students and helps to build their confidence and public speaking skills.

Mr Ahmed, who is a senior technical support analyst for global law firm Dentons, also

encourages the young people to aim high in their studies and future work prospects.

At the reception held at the royal estate in Sandringham, the Prince of Wales praised 70 Mosaic mentors for the positive contribution they have made to people in some of the country's most deprived communities.

"I'm absolutely honoured to

have been given this award," said Mr Ahmed, who has been a mentor since 2009.

"Working with Mosaic and the children is my way of giving something back and, while I certainly never expected recognition for it, I am delighted and flattered to have been selected from such a worthy, inspirational group of individuals."

News in brief

Murder charge

A MAN has been charged with the murder of 43-year-old John Keenan at Newbold Cottages, Sidney Street, Whitechapel on January 1.

Terry Hamer, 34, also of Newbold Cottages, appeared in custody at Thames Magistrates' Court on January 3.

A 25-year-old woman who was also arrested has been bailed to return to an east London police station in February pending further enquiries.

Whitechapel killing

A MAN has been charged with the murder of a woman in Whitechapel. Abdulqadir Abdullah, 34, of Denning Point, Commercial Street, E1, was charged on December 28 with the murder of a 40-year-old woman whose body was found by police the previous day. He is due to appear at the Old Bailey this Tuesday, January, 13.

Fire engine crash

TWO firefighters were taken to hospital last Tuesday, January 6, after their fire engine from Poplar fire station crashed into a building in Churchill Place, Canary Wharf.

The vehicle was responding to reports of a fire in Churchill Place which London Fire Brigade said turned out to be a false alarm. Another firefighter was treated at the scene.

The cause of the crash is under investigation.



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Family announcements

Barry Blandford

A Lovely Dad, Pops, Grandad

We think of you always and your birthday on the 4th January is another day full of those special memories we treasure and hold close to our hearts.



Raising a glass!
We love and miss you.

All Our Love Tracy, David, Zachary, Family and Friends
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• Oliver!
• The Lion
King



• Top Boy
• Me & Mrs
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Who will get your vote?

"What's vital is that you take the time to read through the candidates' manifestos and decide what really matters to you and who represents your views best."

OUTGOING YOUNG MAYOR, MAHDI ALAM, LEFT

Early start for bin men

Residents should leave out household waste, recycling, food and garden waste on their collection day before 7am.

News

Who will be the voice of the young?

BY RAJU MIAH

FOURTEEN candidates are vying to become the next Young Mayor of Tower Hamlets.

The person elected and their two deputies will represent all the young people across the borough and lobby decision-makers, not only in Tower Hamlets but across London and the UK.

Elections take place on Wednesday, January 28 in every school and early bird voting in centres across the borough begins on Monday, January 19 – a full list of centres taking part can be found on the council's website.

The outgoing Young Mayor, Mahdi Alam, said: "For some of you this will be the first time you vote in the Young Mayor elections, for others, this may be

your second or even third time.

"What's vital is that you take the time to read through the manifestos and decide what really matters to you and who represents your views best."

Mayor Lutfur Rahman, who met with the candidates last week, also encouraged young people to get out and vote.

"We have a very strong set of candidates eager to be the next voice of the young people. I'm looking forward to working with the young people to help shape the way we deliver services and support their campaign pledges," he said.

A booklet with all the candidates' manifestos will be available in schools and key locations across the borough. The manifestos can also be found on the council's website alongside a video presentation from each of the candidates.



The Young Mayor candidates, pictured on the roof of the Town Hall

Counting of the votes will begin on Thursday, January 29 and the new Young Mayor team will be announced in an evening ceremony with the candidates.

Visit www.towerhamlets.gov.uk/YoungMayor or call 7364 3091 for more information. ■ See list of Young Mayor candidates on page 22.

News in brief History group

BECOME a history hopper and discover some of the fascinating stories and pictures about your local area. The History Hoppers group will meet on the second Wednesday of each month – with tea and cake thrown in. The first meeting is this Wednesday, January 14 from 2.30-4.30pm at the Local History Library at 277 Bancroft Road, Mile End.

Bus strike

BUS passengers are being warned about a possible disruption to services this Tuesday, January 13 if a 24-hour strike goes ahead. The proposed strike over drivers' pay and conditions could affect services throughout Tuesday as well as night bus services operating into Wednesday morning. For more information, visit www.tfl.gov.uk/buses

Recycle your Christmas tree

NOW the Christmas decorations have been put away for another year the council is reminding residents that real Christmas trees can be recycled into compost.

Residents in blocks of flats should contact their housing manager, while those living in houses can leave their trees out for collection on the bound-

ary of their property on their garden waste/food waste recycling day. They will be collected until Friday, January 23.

Only real Christmas trees can be recycled – pots, soil and decorations should be removed.

Trees can also be taken to the Reuse and Recycling Centre at Yabsley Street, Isle of Dogs – it is open Monday to Friday, 8am to 8pm, and Saturday and

Sunday, 9am to 6pm.

Visit www.towerhamlets.gov.uk/recycling or call 7364 5004.

■ Look out for recycling and re-use events during 2015, including a swap event on Saturday, January 24 at the Centre Community Hall, 32 Merchant Street, Bow from 11am-3pm – the perfect way to deal with unwanted Christmas gifts.

Plea for help finding lost family ring

A WOMAN is asking residents for help after she lost her engagement ring, which has been passed down

the same family for more than half a century.


Elizabeth Nightingale said although the ring (left) was not terribly valuable, it was priceless as her fiancé's grandmother wore it for 60 years until she died.

Elizabeth believes she lost the ring on Sunday, December

28 while walking between her mother's home in Cephas Avenue, Stepney Green and Meath Gardens in Bethnal Green.

"I can't quite believe it only lasted three weeks in my care," Elizabeth told East End Life.

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A great confidence boost

"My placement at London Community Credit Union showed me the possibilities of a career in finance, and my time there gave me great confidence and a wide range of skills."

JANNAT KHANOM, STUDENT FROM MORPETH SCHOOL, BETHNAL GREEN

News

Tough but exciting

HAPPY New Year and I hope you all had a peaceful start to 2015.

In January, it is natural to look forward to the year ahead and consider what it holds for us.

I have often talked about the challenges facing local government. You know, as I do, that we must deal with some of the toughest decisions ever and that we are being forced to find huge financial savings.

However, as well as a challenge, this presents us with an opportunity to look again at what we do, and how we do it, and consider where we can make improvements.

It's also a fantastic chance for you, as local residents, to shape how you want your borough to look in the future.

And at the end of the month our younger residents will be having their say to elect their next Young Mayor.

I met with the candidates last week and it's fantastic to see their belief that they can make their borough a better place. By being involved in local democracy at such a young age it sets a positive future precedent.

Just before Christmas we re-



LUTFUR RAHMAN MAYOR OF TOWER HAMLETS

ceived the fantastic news that we have received a £24.8million funding boost through the government's New Homes Bonus.

Over the last five years, Tower Hamlets has delivered the highest number of affordable homes in the country – with more than 4,500 built.

In granting us this funding, the government is once again recognising the hard work that we do to build affordable housing for the people who need it.

Last week we were celebrating extra funding for the Blackwall Reach scheme and the plans for the Wood Wharf site are also going ahead. This will include 3,610 residential units – 25 per cent affordable.

So while we face challenges, 2015 will be an exciting time.

Mayor Lutfur Rahman

Guides celebrate with a star-studded date

BY JESSICA ODUBAYO

A NEW Guide group from Brick Lane rubbed shoulders with politicians and pop stars at a celebration at the Houses of Parliament.

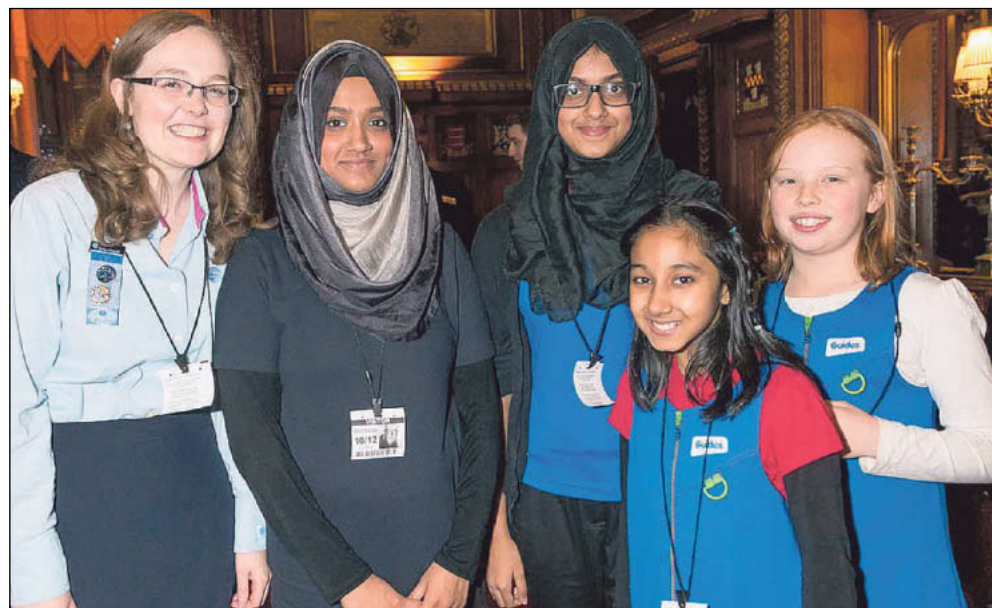
The 1st Brick Lane Guides celebrated the opening of hundreds of new youth groups – including their own – at the House of Commons event.

The group is one of more than 600 new guiding, scout and cadet groups started across the UK in the last year.

The Brick Lane Guides received a start-up grant from the Youth United charity with which they have bought uniforms and badges.

The girls are working towards earning badges in healthy eating and performing arts.

Group leader Hannah Thomas-Davis said: "It's been really great seeing girls who have never been involved in guiding



1st Brick Lane Guides at the House of Commons, from left: Hannah Thomas-Davies, Shazmin Begum, Tazmin Begum, Inaya Shahjahan and Lucia Prince

get excited about the badges and activities that we do."

She said it was a "once-in-a-lifetime opportunity" to visit the House of Commons and added that their favourite bit was speaking to the MPs

and singer Jermaine Jackman.

Speaking at the event, Secretary of State for Communities and Local Government, Eric Pickles, said that over the last two years Youth United had recruited a new army of local

volunteers, providing young people with exciting and challenging activities.

The 1st Brick Lane Guides group still has space for anyone interested in joining. Go to www.girlguiding.org.uk



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Charity plea to Wharf bosses

AN education charity in Tower Hamlets is inviting employers in Canary Wharf and the City to provide more work experience placements for local students.

Tower Hamlets Education Business Partnership (THEBP) has launched the 750 Club to increase the number of placements offered by big business to 750 a year, meeting 25 per cent of the demand from schools in the borough.

More than 3,000 work placements are required by Tower Hamlets students every year and THEBP is contracted to schools to find them. Big businesses presently contribute

fewer than eight per cent of placements.

Speaking at the launch of the 750 Club at the Tower of London, THEBP director Helen Sanson told employers how work placements improve both career choices and expectations of students.

"If young people, who have very few networks and little cultural capital, can access corporate work experience placements, they learn that they can thrive in a big business setting and that they can aim for a top job," she said.

Employers interested in joining the club can email work.experience@thebp.co.uk or call 7655 0300.



Did you know...

Real nappies are better for the environment as they reduce landfill and in Tower Hamlets disposable nappies cost the council around £250,000 to dispose of.

WWW.TOWERHAMLETS.GOV.UK/NAPPIES

News

Drop in to talk if you want to stop smoking

BY ANNA WILSON

IT'S that time of year again to set goals, improve your lifestyle and make positive changes.

And as one of the top resolutions, there's never been a better time to have another go at stopping smoking.

There is free support on offer and the council is encouraging residents to access the network of trained GPs, pharmacists and community stop smoking advisers who provide advice to help you quit tobacco for good.

Cabinet member for adult and health services, Cllr Abdul Asad, told East End Life: "Even if you didn't manage to quit tobacco before, now is a great time to give it another go – most people make several attempts before kicking the habit for good."

A number of free drop-in sessions are held to make stopping that much easier.

The sessions run until the end of February so you can drop by for free advice and support when you're ready – no appointment necessary.



Cllr Abdul Asad with stop smoking advisers, health trainers and members of the council's public health team at the launch of this year's stop smoking campaign last week

Weekly services

Whitechapel Idea Store
321 Whitechapel Road, E1:
every Thurs, 1.30am-12.30pm.

Watney Market Idea Store
260 Commercial Road, E1:
Weds, 2-4pm.

Stifford Centre
2-6 Cressy Place, E1:
Healthy Lifestyle coffee morning: Fri, 11am-12.30pm.

St Andrew's Health Centre
2 Hannaford Walk, E3:
Weds, 10am-1pm.

Idea Store Bow
Gladstone Place, Roman Road, E3:
Thurs, 11am-2pm.

London Chest Hospital
Bonner Road, E2: Fri,
11am-1pm.

Fri, Jan 16
East London Mosque
46 Whitechapel Road, E1:
12-2.30pm.
Pritchard's Road Day Centre
Marion Centre, E2: 1.30-2.30pm.
Redcoat Community Centre
256 Stepney Way, E1:
1.30-2.30pm.

Mon, Jan 19
Whitechapel Idea Store
2-4pm

Weds, Jan 21
East London Mosque
12.30-2pm.

Fri, Jan 23
Stepney Shah Jalal Masjid
E12: 1.30-2.30pm.

Fri, Jan 30
Darul Ummah Mosque
56 Bigland Street, E1:
1.30-2.30pm.
Brick Lane Mosque
59 Brick Lane, E1: 12-2.30pm.

For further information go to www.towerhamlets.gov.uk/stopsmoking

Asking for help

Between April and September last year, over 1,700 residents used their local stop smoking service for help.

Stay dry and be a lot healthier

WHY not take a break and have a booze-free month this January?

The council is joining Public Health England in supporting Alcohol Concern's Dry January campaign, which encourages people to give their body a rest from alcohol – and reduce calorie intake.

Research by Alcohol Concern has shown that cutting out alcohol for a month can help people re-evaluate their long-term drinking levels.

Those who take a month off drink less afterwards and get drunk less often.

Cllr Abdul Asad, cabinet member for adults and health services, said: "There are many benefits of taking a month off from alcohol including reducing calories, improving your health and saving money."

Dr Somen Banerjee, director of public health for the council, said: "Although many people may use alcohol responsibly, regularly drinking more than the recommended amount can lead to serious health harms such as liver disease, heart disease, stroke, cancer and mental health problems."

Residents can speak to their GP or Tower Hamlets Commu-

nity Alcohol Team if they have concerns about their own, or someone else's, drinking levels. Contact CAT on 7093 2669 or 0800 008 7200.

For further details on Dry January and to sign up for support visit www.dryjanuary.org.uk

Information on the Change4Life website can help you track the amount of units you are drinking and provide further advice on cutting back on alcohol: www.nhs.uk/Change4Life/Pages/alcohol-lower-risk-guide-lines-units.aspx

Dry January is not a medical detox programme and should not be attempted by people with an alcohol dependency problem.



Sign up for nappy days

FIND out about using real nappies at the latest Nappucino event at Mile End Children's Centre, 9 Bede Square, Joseph Street, E3 on Tuesday, January 20.

The council will be working with the Washable Nappy Company to give advice and parents can meet others who are already using real nappies.

Residents with a baby due or aged up to 18 months can apply for a voucher worth £40 to try real nappies. It takes place from 10am-12noon and you can register at 7364 7103 or by emailing recycling@towerhamlets.gov.uk

Health service changes – your views are needed

THE views of Tower Hamlets residents are being sought about proposals to make changes to mental health inpatient services for older people.

Currently, when older people with mental health problems in Tower Hamlets need admission into a psychiatric unit, they are admitted into Leadenhall ward at Mile End Hospital.

Patients from Hackney or the City are admitted into Larch ward at The Lodge, Homerton.

Working with Tower Hamlets,

City and Hackney Clinical Commissioning Groups (CCGs), East London NHS Foundation Trust is proposing to merge the two wards to develop a specialist inpatient facility at Mile End Hospital for people aged 65 and over from all three areas.

A spokeswoman for the trust said the expansion of community services for older people with mental health issues meant more people were being supported at home, resulting in fewer hospital admissions.

This means that both wards

are not using all their beds and are often only half full.

A series of public meetings have been arranged for residents to meet staff and hear more about the proposals.

The meeting in Tower Hamlets is on Tuesday, February 10 from 10.30am-12pm at Idea Store Whitechapel, 321 Whitechapel Road, E1.

For more information about the proposals, visit www.eastlondon.nhs.uk

The consultation is due to end on March 16.

Have your say on hospital services in Tower Hamlets

RESIDENTS are invited to have their say about hospital services provided by Barts Health NHS Trust.

Health and adult social care watchdog the Care Quality Commission (CQC) is urging the public to tell its inspection panel what they think of services provided at the London Chest, Mile End, the Royal London and other hospitals run by the trust.

Formal inspection of the trust will begin on Wednesday, January 21. And to hear the views of patients and the community, inspectors will be holding listening events beforehand.

They will take place on Tuesday, January 13 at 6.30pm at Holiday Inn Express London Stratford, 196 High Street, E15; and Wednesday, January 14 at 6.30pm at Idea Store Whitechapel, 321 Whitechapel Road, E1.

The CQC inspection team will look at key service areas: medical care (including frail elderly), surgery, intensive/critical care, maternity, accident and emergency, paediatrics and children's care, end of life care and outpatients. The team will be talking to doctors and nurses, but need public input too.



See your GP if you're worried

Diabetes can often be symptom-less and lead to serious health problems including heart disease, stroke, vision loss, kidney disease and nerve damage. If you are worried, contact your GP.

SEE BELOW

Useful information

A healthier 2015

News from Barts Health NHS Trust

FOR some of us, the holidays are a time of overindulgence – eating too much, drinking too much and spending too much, and then emerging at the other end feeling a little bit worse for wear.

This busy time of year can certainly take its toll. We vow to make positive changes and turn over a new leaf with a regime of regular exercise and lots of fruit and vegetables. This is a great approach, as we can all take steps to improve our health.

But let's be honest: we are reminded constantly how beneficial making changes to our diet and lifestyle can be. Medical study after medical study has shown the protective effects of regular exercise, a healthy balanced diet and cutting out smoking. These steps can help to improve our overall sense of wellbeing, in addition to protecting us from conditions such as heart disease, Type 2 diabetes and high blood pressure.

Our health matters, but support is necessary if we are going to make any long-term changes. As well intentioned as New Year's resolutions may be, many of us fail to make it to the end of January with our healthy changes.

As part of our continuing work in disease prevention, Barts Health NHS Trust, in conjunction with Imperial College London, is running a lifestyle support study. This study is working with those who may be at risk of developing Type 2 diabetes and is running over two years.

If you have one or more of the following you may be suitable to take part:

- high blood pressure
- excess weight
- a family history of diabetes
- previous gestational diabetes
- previous heart attack
- raised blood sugar.

If you are interested and would like to find out more, email diabetesresearch@bartshealth.nhs.uk or phone

Isabelle Garvey on 7882 3916 for a no-obligation chat.

Be aware that diabetes can often be symptom-less and lead to serious health problems including heart disease, stroke, vision loss, kidney disease and nerve damage.

When present, symptoms can include:

- passing urine more often than usual, especially at night
- increased thirst
- extreme tiredness
- unexplained weight loss
- blurred vision.

If you are worried, contact your GP who can talk to you about your concerns and, if necessary, run some simple blood and urine tests.

If diagnosed, you will be referred to the Barts Health diabetes service which treats children and adult patients from our hospital sites and at community clinics across east London.

The most important thing you can do to prevent Type 2 diabetes, and stay healthy if you have been diagnosed as diabetic, is to maintain a healthy weight and take regular exercise.

Cook healthily

COME along to our new, free cooking and dietary classes, being hosted by Tower Hamlets Community Housing.

The sessions will run every Monday from 12.30-2.30pm at the Tarling East Community Centre, Martha Street in Shadwell and are open to residents of Tower Hamlets, Newham and Waltham Forest as well as non-EU passport holders who have been living in the UK for less than ten years.

With high obesity levels coupled with a poor diet prevalent in the East End, participants will learn how to cook healthy, nutritional and tasty meals, aid weight management and improve their health by reducing sugar and salt levels – all on a budget!

To book or find out more, email alda.vieira@bartshealth.nhs.uk or call 3594 1012.

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.

Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.

Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street:

Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.

Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.

Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.

Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.

Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm. **Britannia (Perimart)**, Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor).

To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find high quality childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Tower Hamlets Home Birth Support Group

Last Thurs of each month, 8pm. 31 Ridgale Street, E3. 8981 1159

Parents Advice Centre (PAC)

Offers impartial advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues, 9.30am-3.30pm & Fri, 9.30am-3.30pm. 7364 6489

LinkAge Plus

Toynbee Hall is one of five network centres that co-ordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Welfare advice

All the organisations listed below can help you with welfare benefits, housing and general debt problems.

Account 3

1-9 Birkbeck Street, E2. 7739 7720 www.account3.org.uk

Bangladesh Youth Movement

21-23 Henriques St, E1. 7488 1831/2

Bromley by Bow Centre

St Leonard's Street, E3. 8709 9737 www.bbbc.org.uk **Citizens Advice Bureau (CAB)** 32 Greatorex Street, E1. 7247 1050 www.adviceguide.org.uk

Island Advice Centre

Island House, Roserton Street, Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

Legal Advice Centre

University House, 104 Roman Road, E2.

8980 4205 www.legaladvicecentre.org.uk

Limehouse Project

Cheadle Hall, Cheadle House, Copenhagen Place, E14. 7538 0075 www.limehouseproject.org.uk

Praxis (New Residents Service)

Pott Street, E2. 7729 7985 www.praxis.org.uk

Tower Hamlets Law Centre

(specialist advice by appointment). Tower Hamlets Law Centre, Unit 1, St. Anne's Street, off 789-791 Commercial Road, E14. 7538 4909 www.thlc.co.uk

Debt advice

Toynbee Hall Advice Service

28 Commercial Street, E1. 7392 2953 advice@toynbeehall.org.uk www.toynbeehall.org.uk

Fair Money Advice

530 Commercial Road, E1. 7702 8032 www.fairfinance.org.uk

Island Advice Centre

Island House, Roserton Street Isle of Dogs, E14. 7987 9379 www.island-advice.org.uk

National Debt Line

0808 808 4000 www.nationaldebtline.co.uk



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

Name

Address

Issue no. Page no.



Festival fun for Limehouse

The forums supported events including the Limehouse Festival (left), which was organised to coincide with the Tour de France through London and had Sir Ian McKellen as a fancy dress judge.

SEE BELOW

Forum leaders

Community Champion Co-ordinators will promote discussions and support community-driven action.

News

As a new round of community ward forum meetings starts this week, **Stefan Swift** reflects on the 2013/14 programme which saw 53 projects commissioned across Tower Hamlets.

A busy year ahead for Champions

A NEW cohort of the Mayor's Community Champion Co-ordinators will join existing Champions to lead the new round of community ward forum meetings starting this week.

The 2014/15 co-ordinators will facilitate community meetings in each ward to help residents set local priorities and decide how best to spend funding in their areas.

The 2013/14 programme of 53 projects across the borough helped thousands of residents in a number of ways, including through festivals, education, business development, healthy eating and environmental improvements.

Mayor Lutfur Rahman said: "The Mayor's Community Champion Co-ordinators and local ward forums provided residents with some truly wonderful projects last year.

"By extending the scheme to a second year we are confident that there will be another programme of events and improvements to bring our diverse communities together for the benefit of all residents."

Festivals



Bow East and **Bow West** forums joined together to support the Roman Road Festival (pictured above), bringing the community together for a week-long programme to celebrate and promote the area.

The funding provided the catalyst for the dedicated team of volunteers to go on to secure external sponsorship for this ambitious venture.

(Right) The new intake of the Mayor's Community Champion Co-ordinators, with cabinet member Cllr Oliur Rahman



This was a unique model bringing together a range of sponsorship and partnerships with shops along Roman Road and with market traders and residents.

The Limehouse Festival was attended by 2,000 residents and funded by the **Limehouse** forum. They were also able to host an Intergenerational Festival to bring the whole community together.

Education

Blackwall & Cubitt Town funded a Silver Surfers computer skills exchange – a project that has seen youth volunteers assisting older people to become computer literate.

English for Speakers of Other Languages (ESOL) classes were provided for women thanks to funding from the **Millwall** forum.

Business and enterprise

Bethnal Green South and **Whitechapel** forums funded a youth enterprise programme, teaching entrepreneurial skills to young people from a panel of business experts.

Bromley-by-Bow forum funded a money advice project to provide financial advice and guidance to those feeling the impact of the recession.

St Katharine's & Wapping created a business hub for people who wanted to create businesses and provided access to computers and the internet.

Young people



St Dunstan's & Stepney Green forum funded a mobile healthy eating van – Soul Food Rocks (pictured above) – in conjunction with the council's public health department.

The project contacted schools to promote the service, which offers

discounted healthy food to children.

Mile End East forum funded a food-growing project for children and incorporated this into their leisure activities.

The **Mile End & Globe Town** forum paid for a homework club for children on the Ocean Estate.

Transformation

Russia Lane improvements were funded by the **Bethnal Green North** forum to help transform the area through cleaning, landscaping and the painting of garage and shed doors.

The Allen Gardens improvement project saw native fruit and deciduous trees planted to help improve the look of the area – funded by the **Spitalfields & Banglatown** forum.

Weavers forum funded the creation of the Weavers Green Trail and app, which allows residents to join organised walks with guides covering places of interest in the ward and its local history. Residents can upload comments/feedback via the app and check out the trail.

The next round of local community ward forum meetings start on Monday, January 12. For times and dates in your area, log on to www.towerhamlets.gov.uk/localforums or see details on pages 12 & 13.

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Science and Sports

BTEC Level 2:

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English and Maths GCSE



Apply Online:

www.stepneygreen.towerhamlets.sch.uk



Preventing floods if winter is wet

It is important to ensure water can drain away swiftly after heavy rainfall and the council has made an increased effort to clear and repair gullies on the borough's roads.

FOR INFORMATION ON WHICH ROUTES ARE SALTED CALL 7364 5004

Whatever the weather

The winter standby service began on November 1 and continues until the end of the second week of March.

SEE BELOW

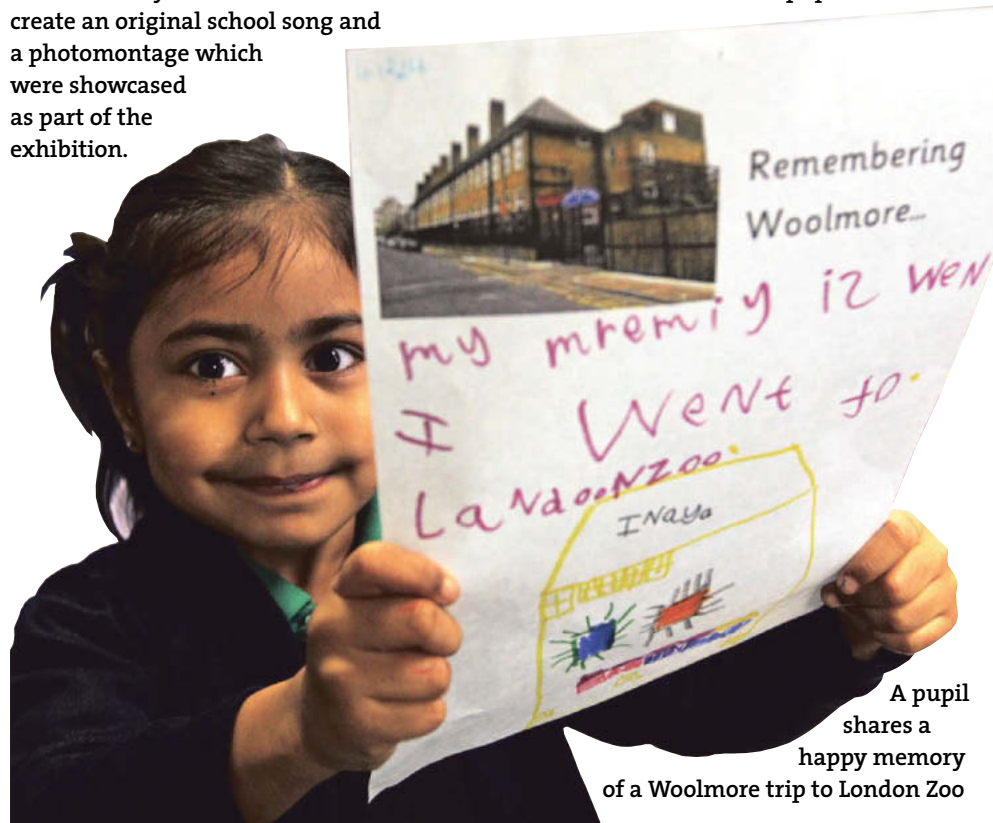
News

STAFF and pupils at Woolmore Primary School in Poplar are nearing the end of an era with a pending move to a new building. The school is due to move to a new premises next door from its Victorian home in Woolmore Street after the February half-term.

Last term the school hosted an exhibition and activities to commemorate its history. Visitors, including parents and former pupils, browsed through photos and memory boards created by the pupils and were invited to record their thoughts and memories for the school archive.

Vocalist Kirsty Martin and artist in residence Sean Martin worked with pupils to create an original school song and

a photomontage which were showcased as part of the exhibition.



A pupil shares a happy memory of a Woolmore trip to London Zoo



Pupils, former pupils and parents shared their memories



Cooking and community

HEALTH trainers at Barts Health NHS Trust are hosting free cooking workshops for residents.

The 205 Flags project provides opportunities for the integration of non-EU nationals, through health and wellbeing activities, employment support and English language classes.

Non-EU passport holders who have lived in the UK for less than ten years are invited to take part on Mondays from 12.30-2.30pm at Tarling East community centre, Martha Street, Shadwell.

They will be able to learn how to cook healthy, nutritious and tasty meals and learn about weight management.

Call 3594 1019 or 07500 120586 or email Alda.Vieira@bartshealth.nhs.uk

Ready for winter

BY SARAH MCLAUGHLAN

AS winter sets in, the council's staff and contractors are on standby to keep the borough's roads, cycle paths and pavements safe to use in the event of adverse weather.

Last winter saw milder, wet weather rather than extreme cold and heavy snowfall, resulting in the use of only a small fraction of the borough's salt stocks. This year plans are in place, whatever the weather may be.

The gritting vehicles are ready for action and have access to 1,800 tonnes of salt.

An extensive programme of gully clearing and repair takes place throughout the year in an effort to ensure roads do not become flooded after heavy rainfall.

The council is responsible for

most roads in the borough, except major routes such as the A11, A13 and A12, which are the responsibility of Transport for London (TfL).

Four forecasts a day are sent to the council from the Met Desk so that it knows what weather to expect and when to expect it. When very cold weather is predicted, council contractors grit roads in advance of icy conditions and snow.

The winter standby service began on November 1 and continues for 19 weeks to the end of the second week of March.

When snow falls and it is too slippery to sweep, the council's road sweepers will salt footways instead.

Areas given priority include entrances to hospitals, health centres, surgeries and schools, as well as care homes and day centres, children's centres, pharmacies, shopping centres and

other places of high footfall.

Mayor Lutfur Rahman said: "We believe we have the necessary planning, contingencies and weather monitoring in place over the period to tackle the coming winter weather, ensuring essential services such as Meals on Wheels, refuse collections and emergency vehicles can continue running."

Cllr Shahed Ali, cabinet member for clean and green, said: "As winters are getting wetter, it is paramount that we ensure that rain water can drain away swiftly. This is why we have made an increased effort to clear gullies and repair our roads."

Estate roads and pavements are looked after by the landlord rather than the council. Any queries about salting of roads or pavements in these areas should be directed to the landlord or estate management company.

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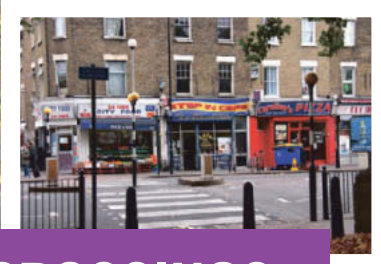
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HOW WILL **YOU** IMPROVE **YOUR** COMMUNITY?

The Local Community Ward Forums 2015 are about to launch



OPEN SPACES



CROSSINGS

PLAY AREAS



CYCLE PATHS

MARKETS



Don't miss the first meeting of your Local Community Ward Forum. The dates of the first round of meetings are as follows:

(All meetings are scheduled to last two hours)

Bethnal Green

Tramshed Community Centre,
Digby Street, E2 0LP
6.30-8.30pm, Tuesday, January 13

Blackwall and Cubitt Town

Island House Community Centre,
Roserton Street, E14 3PG
6.30-8.30pm, Monday, January 12

Bow East and Bow West

St Paul's Church, St Stephen's
Road, E3 5JL
6.30-8.30pm, Monday, February 2

Bromley North

Kingsley Hall, Powis Road, E3 3HJ
6.30-8.30pm, Tuesday, January 27

Bromley South

The Lincoln Centre, 70 Fern Street,
E3 3PR
6.30-8.30pm, Thursday, January 29

Canary Wharf

Alpha Grove Community Centre,
Alpha Grove, E14 8LH
6.30-8.30pm, Thursday, January 22

Island Gardens

George Green's School,
100 Manchester Road, E14 3DW
6.30-8.30pm, Thursday, January 15

Lansbury

Trussler Hall, 78 Grundy Street,
E14 6DR
2-4pm, Saturday, January 17

Limehouse

Cruising Association, CA House,
1 Northey Street, Limehouse Basin,
E14 8BT
6.30-8.30pm, Thursday,
February 12

Mile End

St Paul's Way Centre, 83 St Paul's
Way, E3 4AJ
6.30-8.30pm, Monday, January 19

Poplar

Tower Hamlets College, George Green
Building, 155 East India Dock Road,
E14 6DA
6.30-8.30pm, Tuesday, February 3

Shadwell

Tarling East Community Centre
63 Martha Street, London E1 2PA
6.30-8.30pm, Wednesday,
February 11

Spitalfields and Banglatown

Toynbee Hall, 28 Commercial Street,
London, E1 6LS
(Ashbee Hall/ Lecture Hall)
6.30-8.30pm, Thursday, February 5

St Dunstan's

Harford Street Multicentre, Harford
Street, E1 4FG
2-4pm, Saturday, January 24

St Katharine's and Wapping

Raines House, Raine Street (off
Wapping Lane), E1W 9RG
6.30-8.30pm, Tuesday, February 10

St Peter's

Keddleston Walk Community Centre,
Keddleston Walk, London, E2 9RP
6.30-8.30pm, Monday, January 26

Stepney Green

Tower Hamlets College, Arbour
Square, London, E1 0PT
6.30-8.30pm, Wednesday,
February 4

Weavers

Saint Hilda's East Community Centre,
18 Club Row, London, E2 7EY
6.30-8.30pm, Monday, February 9

Whitechapel

London Muslim Centre, 46-92
Whitechapel Road, London, E1 1JQ
6.30-8.30pm, Tuesday, January 20

For more information visit www.towerhamlets.gov.uk/localforums

It's an education

Oxford House was established in 1884 to provide a centre for religious, social and educational work.

WWW.OXFORDHOUSE.ORG.UK



Working hard to protect and preserve

"It is moving to think about people travelling under this building on their own journey. We have worked hard to preserve and protect this place so it will be here for another 300 years."

SUSIE SYMES, CHAIR OF 19 PRINCELET STREET

History

News in brief

Volunteers voice Crossrail fears

VOLUNTEERS at Spitalfields Museum of Immigration and Diversity have recorded a short film to mark the passage of the first of Crossrail's two giant tunnel boring machines under the grade II* listed building.

The three-minute film features the thoughts and emotions of volunteers, who talk about the rail scheme going under 19 Princelet Street and fears that it might be damaged.

The museum has had many guises in its history – it was built in 1719 and became the home of a Huguenot silk weaving family and a Jewish synagogue was built in the garden in 1869.

The museum only opens a few times each year – visit www.19princeletstreet.org.uk

To view the film, visit <http://tinyurl.com/mzz25m9o>

Heritage grant for Oxford Hse

BY JESSICA ODUBAYO

AN historic community centre in Bethnal Green started the New Year a step closer to securing a grant of almost £1 million for repairs to protect and revitalise the grade II listed building.

The Heritage Lottery Fund (HLF) awarded Oxford House £102,800 to help progress a bid for a total of £964,000.

The funding will support works to the former university settlement building in Derbyshire Street, including a new roof, repairs to open up a former Victorian chapel, refurbishment to windows and brick work, a new café, study room and lift.

The grant will also help support a programme of activities delivered by community groups at the centre, to showcase the 130-year history of Oxford House.

John Ryan, chief executive of Oxford House, said the news was a fitting way to celebrate its 130th anniversary.

Sue Bowers, head of HLF London said: "At the forefront of social and political events throughout its history, Oxford House can tell us so much about community life in Bethnal Green.

"We're pleased to offer our support to this project which will open up these hidden histories and significantly improve the historical building they're housed in."

Mayor Lutfur Rahman said he was delighted at the news: "We have long supported this important community facility by improving the public space around the building and through an historic buildings grant offer to accompany the funding from the HLF. We will continue to give specialist advice through our conservation officers to assist this project through to completion."



The Victorian chapel at Oxford House in Bethnal Green

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Moved to tears by anti-fascist fight

"I was moved to tears to see bearded Jews and Irish Catholic dockers standing up to stop Mosley. I shall never forget how working class people could get together to oppose fascism."

BILL FISHMAN

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

WWW.EASTLONDONHISTORY.COM

History

Bill Fishman: the man who gave history back to the people

BY JOHN RENNIE

STANDING on Cable Street, on October 4, 1936, the 15-year-old William Fishman was already a year out of school, a working man.

But the sights he saw that day, as East Enders resisted Oswald Mosley and his British Union of Fascists, would stay with him forever.

"I was moved to tears to see bearded Jews and Irish Catholic dockers standing up to stop Mosley. I shall never forget that as long as I live, how working-class people could get together to oppose the evil of fascism," he said.

Those memories would later fire his career as an academic, a writer and one of the most compelling chroniclers of 20th century working class life in the East End of London.

Bill Fishman, who died three days before Christmas, seems to have been with us forever. Indeed, the many generations of grateful readers, and those he mentored and helped, probably thought and hoped he would go on forever.

Of course living so long (he was 93 when he died), and being born into a working class, East End immigrant family gave Fishman a unique view denied to academics from more rarified backgrounds.

His father Simon had been born in Russia, his mother Annie was descended from immigrants from the Ukraine. Bill himself was born in Whitechapel, but then in the early Thirties, the Fishman family (dad was a tailor) moved near to the docks and found themselves amid Irish neighbours.

It was an early lesson in the importance of immigrants living and working together. Just a few years after that he would witness that solidarity resisting the Blackshirts (and indeed the Metropolitan police) during the Battle of Cable Street.

A bright boy, William won a place at the Central Foundation grammar school, but brains didn't outrank the need to earn money for the family in those days and at 14 he was working as a clerk. He was already politicised, joining the Labour League of Youth that same year.

After military service in the Far East during World War II, Fishman returned to the East End, teaching history and English at Bethnal Green's Morpeth School, then moving on to head up Tower Hamlets Further Education College in 1954.

“He loved to tell stories, to talk. It made him a fine lecturer, but he always wanted to bring London history out of academe and back to the streets, and for years led hugely popular walks around the East End.

At the same time, he was studying at the London School of Economics, then in 1965 took up a student fellowship at Oxford's Balliol College.

In 1970, Methuen published his first book, *The Insurrectionists*, a relatively compact yet ambitious attempt to trace revolution from Jacobin France in the 18th century, to the Bolshevism of early 20th century Russia.

And in 1972 he returned to the East End, to take up a research fellowship in labour studies at Queen Mary – appropriately so, given the college's roots in Barber Beaumont's People's Palace technical schools, a self-improving ground for working class men and women.

By now he was also much in demand at other universities – making visits to Columbia University in New York, and to Wisconsin-Madison.

Coming back to his roots perhaps focused his attention, for his next work zeroed in on the East End itself. *East End Jewish Radicals 1875-1914* was a more successful book.

It sold well for a niche publication, but more importantly it remains an enthralling read, taking us from the oppression and pogroms of the Jews in Tsarist Russia, to the playing out of the politics born in Eastern Europe on the streets of the East End.

We see the spread of libertarian and socialist ideas among the Jewish settlers of Whitechapel, and witness their great flowering in the major strikes of 1889 and 1912. This is the East End of Rudolf Rocker and Peter Kropotkin, and it's here that Fishman starts to display his customary stamp.

Previous histories had tended to see the 'East End anarchists', perhaps East Enders



as a whole, as a mass, a mob. Fishman, while showing superb research and attention to detail, put names and faces into the story... it made the work riveting to read.

East End 1888: A Year in a London Borough among the Labouring Poor, published in 1988, was even better. It does what the title says, putting us down among the real East Enders.

So we walk with the author eastward (and downwind) from the respectability of the Mansion House, descending quickly into the stew of Whitechapel... where precious few of the bankers and businessmen of the City ever trod.

There is an all-pervading stench in the air of rendered fat, of sugar baking, brewing, factory smoke, excrement and poverty.

The people stepping through the filth on the street "too poor to afford underclothes" weave their way around the kerb acrobats, the organ grinders and the fire swallowers. Has anyone ever done a better job of educating us through entertainment? It's the best sort of novel... one where all the stories are true.

In *Streets of East London*, published in 1992, we get another colourful picture of the mix that made us. It's a heady stew of

Bill Fishman at the opening of the council's archive strongroom in 1988



Fishman rescued GR Sims from his stereotyped image

music halls, Jewish steam baths, Huguenot shops becoming Bengali shops, churches mutating into mosques. Kropotkin and the Krays rub shoulders (not literally) and William Booth and Lenin have walk-on parts.

Less lauded, but worth a read, is one of Fishman's latter works, *Into The Abyss: The Life and Work of G R Sims*. Fishman rescues Sims from his stereotyped image – the archetypal do-gooding Victorian journalist, chronicling the horrors of working class life (and also the author of the unintentionally hilarious *In the Workhouse: Christmas Day*) – and rediscovers Sims the man.

He is revealed as "an enthusiastic gambler, a frequenter of clubs, lover of the theatre, successful playwright, something of a drinker". Beryl Bainbridge writes a suitably entertaining preface to the book.

This, above all, was a man interested in people, not just dry facts. His fascination and love of people shines through every page of his books. Ross Bradshaw, his publisher at Five Leaves, remembered: "He always bought a copy of *The Big Issue* even if he'd just bought a copy around the corner."

It evoked Fishman's own grandfather, who was incapable of passing a beggar without offering him a coin – and then thanking the beggar for asking.

And he loved to communicate, to tell stories, to talk. It made him a fine lecturer, but he always wanted to bring London history out of academe and back to the streets and the people, and for years led hugely popular walks around the East End.

One of his fellow guides was renowned East End author Rachel Lichtenstein. The East End Walks are continued today by David Rosenberg. So we have a tradition starting with Bill and stretching back to the 1920s... hopefully long to continue.

Bill Fishman was born on April 1, 1921 and died on December 22, 2014. He is survived by his widow Doris, and sons Barry and Michael.

Bill's books

The Insurrectionists (1970), Publ: Methuen; *East End Jewish Radicals 1875-1914* (1974), Publ: Duckworth; *East End 1888: Life in a London Borough Among the Labouring Poor* (1988), Publ: Duckworth; *Streets of East London* (1992) (with photographs by Nicholas Breach); *Into The Abyss: The Life and Work of G. R. Sims* (2008), Publ: Elliott & Thompson.

Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



উড ওয়ার্ফ উন্নয়ন প্রকল্প অনুমোদন করলো কাউন্সিল

বারার ক্যানরি ওয়ার্ফ সংলগ্ন স্থানে ৪ দশমিক ৯ মিলিয়ন বর্গ ফুট আয়তনের সুবিশাল ভবন নির্মাণ পরিকল্পনা অনুমোদন করেছে কাউন্সিল। ক্যানরি ওয়ার্ফের পশ্চিমে উড ওয়ার্ফ নামে পরিচিত এলাকায় নতুন ভবন নির্মাণ হলে লন্ডনের একটি অংশের দীর্ঘ মেয়াদি আর্থিক প্রবৃদ্ধি, বিনিয়োগ ও সুবিধাদি সৃষ্টিতে বিশাল ভূমিকা রাখবে। বিস্তারিত পড়ুন নিচে -

COUNCIL APPROVES WOOD WHARF DEVELOPMENT

Harmony

Sigaar joojinta

Stop smoking for the New Year – page 7

WAA sannadkii cusbaa ee aad noloshaad go'aamo ka qaadan lahayd in wax bedesho oo weliba haddaad sigaaryo cab tahay aad iska dhaafi lahayd.

Sigaar joojinta waxaa taageerooyin badan ayaa loo haya, Kawnsulkuna wuxuu ku dhiirigelinayaa dadweynahu in ay la xidhiidhaan GP-yada, farmasiyada la taliyayaasha bulshada ee sigar joojinta, kuwaas oo siinaya waano ay sugaarka ku dhaafaan oo aanad dib ugu laaban.

Xubinta kabinetka ee adeega caafimaadka waayeelka, Cllr Abdul Asad ayaa yidhi: “Xiitaa haddii aad ku guuleysan weydey in aad horaba iska joojiso, hatanba waa fursad qaali ah oo aad ka faa’iidasan karayso. In aad go’aan ka qaadata, marar badan ayay dadki



tijaabiyaan in ay iska joojaan.”

Dhawr cashar oo lacag la’aan ah ayaa kuu suurtagelin kara in aad iska joojiso, sigaarka. Dadka aan u diyaarka ahayn in ay Janawri iska joojiyaana, casharadu ilaa Febraayo, way soconayaan.

Maeelaha casharadan talo bixinta ah aad ka heleyso, wax-

aa ka mid ah bishan:

Jimcaha, Jeenaweri 16 – Masaa-jidka Bariga London, 46 Whitechapel Road, E1: 12-2.30pm; Xarunta maalinlaha ee jidka Pritchard’s, Xarunta Marion, E2: 1.30-2.30pm; xarunta bulshada ee Redcoat, 256 Stepney Way, E1: 1.30-2.30pm.

Isniinta, Jeenaweri 19 – Whitechapel Idea Store, 321 Whitechapel High Road, E1: 2-4pm. Arbacada, Jeenaweri 21 – masaa-jidka Bariga London: 12.30-2pm. Jimcaha, Jeenaweri 23 – masaa-jidka Stepney Shah Jalal, 722-726 Romford Road, E12: 1.30-2.30pm. Jimcaha, Jeenaweri 30 – masaa-jidka Darul Ummah, 56 Shaar-ica Bigland, E1: 1.30-2.30pm; masaa-jidka Brick Lane, 59 Brick Lane, E1: 12-2.30pm.

Faahfaahin dheeraad ah booqo www.towerhamlets.gov.uk/stopsmoking

Kulanka kormeerayaasha NHS ee Cisbitaalka Barts iyo wada tashi

Have your say about hospital services – page 7

WAXAA la doonayaa in dadweynyhu ka dhiibtaan aragtidooda adeega cisbitaalka caafimaadka ee NHS-ta.

Guddiga ilaalada tayada daryeelka iyo caafimaadka waayeelka, ayaa ku adkaynaya dadweynaha in ay aragtidood

gaadhsiiyaan guddiga kormeerkooda, waxay ka qabaan adeega oo ay kula kulmaan London Chest, Mile End, iyo cusbitaalo kale oo ay maamusho NHS.

Kormeerka rasmiga ah ee hay’addu wuxuu bilaanmayaa Arbacda. Jeenaweri 21. Si loo

ogaado afkaarta ay qabaan marka hore iyaga ayay arkayan Talaadada, Jeenaweri 13 6.30pm at Holiday Inn Express London Stratford, 196 High Street, E15; iyo Arbacada, Jeenaweri 14 6.30pm at Idea Store Whitechapel, 321 Whitechapel Road, E1.

Xidhiidhka dadweynaha ee meeyarka

Community ward forum meetings start this week – page 11

KOOXDA xidhiidhiyayaasha ee bulsha da meeyarka ayaa ku biiraysa kooxdii hore, si ay u dhaqaajiyaan kulmada fooramka wareega cusub ee bulshada oo bilaabmaya dhawaan.

Xidhiidhiyayaashii 2014/15 ayaa kulamada bulshada diyaarinaya, si ay dadweynaha uga caawiyaan siday baahiyahooda mudnaanta u kala siin lahaayeen islamarkaana go’aan ka gaadhaan sida ugu fiican ee kharashka loo gelin lahaa deegaankooda.

Barnaamijka 2013/14 53 mashruuc ee guud ahaan gobolku ayaa ka kaalmeeeyey deeganada

waxbarashada, dabaaldegyada, horumarinta meheradaha, horumarinta cuntada saxada leh iyo bii’ada.

Meeyar Lutfur Rahman, ayaa yidhi: “Mashruucan meeyarka ee xidhiidhka dadweynuhu, guulo ayuu soo hooyey ka hore. Haatana wuxuu galay sannadkiisii labaad, waana nu ku kalsoonahay in uu guulo kale soo hoyn doono.”

Wareega labaad ee kulamadu waxay bilaabmayaa Isniinta, Jeenaweri 12. Maalmaha iyo saacadaha goobtaada lagu qabanayo geegaankaaga booqo www.towerhamlets.gov.uk/localforums or see details on pages 12 & 13.

ক্যানরি ওয়ার্ফের ৪.৯ মিলিয়ন বর্গ ফুট আয়তনের সুবিশাল উন্নয়ন প্রকল্প অনুমোদন করলো কাউন্সিল

Council approves Wood Wharf development – page 23

টাওয়ার হ্যামলেটস্ বারার ক্যানরি ওয়ার্ফ সংলগ্ন স্থানে ৪ দশমিক ৯ মিলিয়ন বর্গ ফুট আয়তনের সুবিশাল ভবন নির্মাণ পরিকল্পনা অনুমোদন করেছে কাউন্সিল।

আইল অব ডগস্ এর ক্যানরি ওয়ার্ফের পশ্চিমে উড ওয়ার্ফ নামে এক সময়ের পরিচিত এলাকায় প্রস্তাবিত নতুন ভবন নির্মাণ হলে লন্ডনের একটি অংশের দীর্ঘ মেয়াদি আর্থিক প্রবৃদ্ধি, বিনিয়োগ ও সুবিধাদি সৃষ্টিতে বিশাল ভূমিকা রাখবে।

উদ্ভাবনী এই প্রকল্পের মধ্যে রয়েছে ৩ হাজার ৬১০টি আবাসিক ইউনিট নির্মাণ, যার ২৫ শতাংশ হবে সামর্থ্যবীন আবাসন, স্থানীয় বাসিন্দারা যাতে অবসর বিনোদনের সুযোগ পান সেজন্য ৪টি নতুন পাবলিক স্পেস গড়ে তোলা, উড ওয়ার্ফের সাথে ক্যানরি ওয়ার্ফ এর সংযোগ স্থাপনে নতুন সড়ক নেটওয়ার্ক গড়ে তোলা, উড ওয়ার্ফের নতুন বাসিন্দা সহ বৃহত্তর আইল অব ডগসের বাসিন্দাদের জন্য নতুন প্রাইমারী স্কুল নির্মাণ,

নতুন স্বাস্থ্য অবকাঠামো গড়ে তোলা, নতুন আইডিয়া স্টোর নির্মাণ এবং বাণিজ্যিক ও খুচরা ব্যবসা প্রতিষ্ঠানের জন্য ১ দশমিক ৯ মিলিয়ন স্কোয়ার ফিটের অফিস স্পেস নির্মাণ।

ক্যানরি ওয়ার্ফ প্রকল্পের প্রধান নির্বাহী, স্যার জর্জ ইয়াকোবেসকি সিবিআই বলেন, ক্যানরি ওয়ার্ফ প্রকল্পের এই সম্প্রসারণ প্রকল্প টাওয়ার হ্যামলেটস্ কাউন্সিল অনুমোদন করায় আমরা খুবই সন্তুষ্ট। নতুন এই ৪.৯ মিলিয়ন স্কোয়ার ফিট আয়তনের এই সুবিশাল উন্নয়ন ক্যানরি ওয়ার্ফ এর মর্যাদাকে এবং এই এলাকার আকর্ষণকে বহু গুণ বাড়িয়ে দেবে। কাউন্সিলের এই অনুমোদনের ফলে সম্পূর্ণ নতুন একটি কমিউনিটি গড়ে তোলার ক্ষেত্রে আমরা আরেক ধাপ এগিয়ে গেলাম।

টাওয়ার হ্যামলেটসের মেয়র, লুৎফুর রহমান বলেন, আমাদের বাসিন্দাদের জন্য এফোর্ডেবল হাউজিং নির্মাণে আমরা কঠোর পরিশ্রম করে যাচ্ছি। ক্যানরি ওয়ার্ফের নতুন

প্রকল্প অনুমোদন দেয়ার ফলে উড ওয়ার্ফ উন্নয়নে ক্ষেত্রে আরেকটি ঝুটগশিপ প্রকল্পে পরিণত হবে। টাওয়ার হ্যামলেটসকে বসবাস, কর্মস্থল ও বেড়ানোর সর্বোৎকৃষ্ট স্থান হিসেবে গড়ে তুলতে নতুন এই প্রকল্পে আমাদের সাহায্য করবে।

উল্লেখ্য, গত ৫ বছরে টাওয়ার হ্যামলেটস্ সারা দেশের তুলনায় সর্বাধিক সংখ্যক সামর্থ্যবীন আবাসনের ব্যবস্থা করেছে। এই সময়ে বারায় ৪,৫০০ চেয়ে বেশি নতুন এফোর্ডেবল হোমস্ নির্মিত হয়েছে।

কেবিনেট মেম্বর ফর হাউজিং, কাউন্সিলর রাবিনা খান বলেন, হাউজিং বা আবাসনের ক্ষেত্রে আমরা যে কাজ করে যাচ্ছি, তা নিয়ে আমরা গর্ববোধ করি। এই সেক্টরে আমাদের কর্মতৎপরতার স্বীকৃতি হিসেবে আমরা সরকারের কাছ থেকে বিভিন্ন ধরনের পুরস্কার ও প্রশংসা অর্জন করেছে। নির্মাণ ও উন্নয়নের ক্ষেত্রে টাওয়ার হ্যামলেটস্ আরেকটি অনূর্নবীয় দৃষ্টান্ত হবে এই উড ওয়ার্ফ প্রকল্পের জন্য।



Mayor Lutfur Rahman and Cllr Gulam Robbani meets some of the candidates

ইয়াং মেয়র নির্বাচন ২৮ জানুয়ারী ঃ লড়ছেন ১৫ জন প্রার্থী

14 candidates are racing to become next Young Mayor – page 7

টাওয়ার হ্যামলেটসের পরবর্তী ইয়াং মেয়র হওয়ার জন্য ১৫ জন প্রার্থী এখন জোর প্রচারণা চালিয়ে যাচ্ছেন।

নির্বাচিত ইয়াং মেয়র এবং দুই জন ডেপুটি বারার সকল তরুণ জনগোষ্ঠিকে প্রতিনিধিত্ব করবেন। তারা টাওয়ার হ্যামলেটস্ সহ গোটা দেশে তরুণদের ব্যাপারে যারা সিদ্ধান্ত নেন, তাদের সাথেও দেনদরবার করবেন।

বারার প্রতিটি স্কুলে আগামী ২৮ জানুয়ারী বুধবার নির্বাচন অনুষ্ঠিত হবে। ১৯ জানুয়ারী থেকে বারার বিভিন্ন সেন্টারে আগাম ভোট গ্রহণ শুরু হবে। সেন্টারগুলোর পূর্ণাঙ্গ তালিকা পাওয়া যাবে কাউন্সিলের ওয়েবসাইটে।

গত সপ্তাহের শুরুতে নির্বাহী মেয়র লুৎফুর রহমানের সাথে প্রতিদ্বন্দ্বী প্রার্থীরা সাক্ষাত

করেন। এসময় তিনি বলেন, কিশোর তরুণ বয়সীদের সত্যিকারের কণ্ঠস্বর হওয়ার জন্য এবারও আমাদের এক ঝাঁক প্রতিপ্রতিশীল প্রার্থী রয়েছেন। তরুণদের জন্য আমাদের প্রদত্ত সার্ভিসগুলোকে তাদের মনমত করতে এবং তরুণরা তাদের নির্বাচনী প্রচারণায় যে অঙ্গীকারগুলো করছেন, তা বাস্তবায়নে আমি তাদের সাথে এক যোগে কাজ করার জন্য অধীর আগ্রহে অপেক্ষা করছি।

বারায় বসবাসকারী সকল তরুণ বয়সীকে ইয়াং মেয়র নির্বাচনে ভোটিংকার প্রয়োগ করার জন্য মেয়র লুৎফুর রহমান আহ্বান জানান।

কেবিনেট মেম্বর ফর এডুকেশন এন্ড চিলড্রেন সার্ভিসেস্, কাউন্সিলর গোলাম রব্বানী বলেন, প্রার্থীদের নির্বাচনী মেনুফেস্ট পড়ার জন্য এবং

তাদের প্রতিনিধি হিসেবে যে যোগ্য তাকে ভোট দেয়ার জন্য আমি বারার সকল কিশোর তরুণ বয়সীকে অনুরোধ করছি।

বারার বর্তমান ইয়াং মেয়র মাহদি আলম বলেন, কিছু কিছু ভোটার আছেন, যারা এবার প্রথমবারের মতো ভোট দেন। অন্যরা হয়তো দ্বিতীয় বার কিংবা তৃতীয় বারের মতো ভোট দেন। সবচেয়ে গুরুত্বপূর্ণ হচ্ছে প্রার্থীদের নির্বাচনী ম্যানিফেস্টো মনযোগের সাথে পড়া এবং কোন ইস্যুগুলো গুরুত্বপূর্ণ ও কে যোগ্যতার সাথে প্রতিনিধিত্ব করতে পারবে, সে সম্পর্কে সিদ্ধান্ত নিয়ে ভোটিংকার প্রয়োগ করা।

২৯ জানুয়ারী ভোট গণনা হবে এবং ঐদিন সন্ধ্যায় আনুষ্ঠানিকভাবে বিজয়ী ইয়াং মেয়র ও ডেপুটি ইয়াং মেয়রের নাম ঘোষণা করা হবে।



নতুন বছরে ধূমপান ছাড়ার জন্যে ফ্রি সার্ভিস গ্রহন করুন

ধূমপানের বদঅভ্যাস পরিত্যাগের অপার সুযোগ নিয়ে এসেছে নতুন বছর। টাওয়ার হ্যামলেটসের বাসিন্দাদের ধূমপান ছাড়ার জন্যে স্থানীয় জিপিবন্দ, ফার্মাসিস্ট এবং কমিউনিটি স্টপ স্মোকিং এডভাইজারদের সহযোগিতা গ্রহন করার জন্যে আহ্বান জানানো হয়েছে। বিস্তারিত পড়ুন নিচে -

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Cllr Abdul Asad at the launch of the stop smoking campaign

নতুন বছরে ধূমপান ছাড়ার জন্যে ফ্রি সার্ভিস গ্রহন করুন

Get healthy and wealthy for 2015 – page 7

ধূমপানের বদ অভ্যাস পরিত্যাগের অপার সুযোগ নিয়ে এসেছে নতুন বছর। এই অভ্যাস ছাড়তে যেসকল সহযোগিতামূলক সার্ভিস রয়েছে, তা গ্রহন করার জন্যে আহ্বান জানান হয়েছে।

টাওয়ার হ্যামলেটসের বাসিন্দাদের ধূমপান ছাড়ার জন্যে স্থানীয় জিপিবন্দ, ফার্মাসিস্ট এবং কমিউনিটি স্টপ স্মোকিং এডভাইজারদের সহযোগিতা গ্রহন করার জন্যে আহ্বান জানানো হয়েছে। এই দিকে লক্ষ্য রেখে জানুয়ারি এবং ফেব্রুয়ারি মাসে বেশ কয়েকটি ফ্রি ড্রপ ইন সেশনের আয়োজন করা হয়েছে। নিম্নে সময়, তারিখ ও স্থানের নাম দেয়া হলঃ

প্রতি বৃহস্পতিবার সকাল ১১টা থেকে অপরাহ্ন সাড়ে ১২টা পর্যন্ত - ৩২১ হোয়াইট-চ্যাপেল রোডে অবস্থিত হোয়াইটচ্যাপেল আইডিয়া স্টোর। ওয়াটনি মার্কেট আইডিয়া স্টোরে প্রতি

বুধবারে অপরাহ্ন ২টা থেকে বিকেল ৪টা পর্যন্ত। প্রতি শুক্রবারে সকাল ১১টা থেকে অপরাহ্ন ১২:৩০ মিনিট পর্যন্ত ই-ওয়ানের সিফোর্ড কমিউনিটি সেন্টারের হেলদি লাইফ স্টাইল কফি মর্নিং। লন্ডন ই থ্রি এর সেন্ট এড্‌জ হেলথ সেন্টারে প্রতি বুধবার সকাল ১০টা থেকে অপরাহ্ন ১টা। রোমান রোড আইডিয়া স্টোরে প্রতি বৃহস্পতিবার সকাল ১১টা থেকে অপরাহ্ন ২টা পর্যন্ত। প্রতি শুক্রবারে সকাল ১১টা থেকে অপরাহ্ন ১টা পর্যন্ত লন্ডন ই ২ এলাকার লন্ডন চেস্ট হাসপাতাল এ ফ্রি ড্রপ ইন সেশন অনুষ্ঠিত হবে।

এডাল্ট এন্ড হেলথ সার্ভিসেস এর কেবিনেট মেম্বার কাউন্সিলর আব্দুল আসাদ বলেন, “যারা ধূমপানের নেশা ছাড়তে ব্যর্থ হয়েছেন তারা আরেক বার চেষ্টা করে দেখতে পারেন। ধূমপান ছাড়ার জন্যে বহু লোক কয়েকবার চেষ্টা করার পর সফল হয়েছেন।”

গত এক দশকে টাওয়ার হ্যামলেটসে ১০ শতাংশ হারে ধূমপায়ীদের সংখ্যা হ্রাস পেয়েছে। গত বছর এপ্রিল-সেপ্টেম্বর মাসে এনএইচএসের লোকেরা নিরলসভাবে ধূমপান বিরোধী কার্যক্রম চালিয়ে গেছেন। প্রায় ১ হাজার ৭০০ জন ধূমপায়ীকে তারা সেবা প্রদান করেছেন।

টাওয়ার হ্যামলেটসের পাবলিক হেলথের ডাইরেক্টর ডাঃ সোমেন ব্যানার্জি বলেন, “ধূমপান ছাড়ার জন্যে নববর্ষের সময়টাকে বেছে নেয়া শ্রেয়, ধূমপান পরিত্যাগ যেমন স্বাস্থ্যের পক্ষে মঙ্গলজনক তেমনি এতে অর্থেরও সাশ্রয় হয়ে থাকে।

এ ব্যাপারে আরো বিস্তারিত জানার জন্যে www.towerhamlets.gov.uk এই ওয়েবসাইটে যোগাযোগ করার জন্যে অনুরোধ করা হয়েছে।

নববর্ষের বিভিন্ন সম্মাণনা খেতাবে ভূষিত হলেন ডাঃ স্যাম সহ কয়েকজন

GP on New Year's Honours List – page 3

স্থানীয় জিপি এবং এনএইচএস টাওয়ার হ্যাম-লেটস ক্লিনিক্যাল কমিশনিং গ্রুপের চেয়ার ডাঃ স্যাম এ্যাভারিংটনকে নববর্ষে নাইটহুড খেতাবে ভূষিত করা হয়েছে।

ডাঃ স্যাম এ্যাভারিংটন গত বিশ বছর ধরে দেশের অন্যতম একটি দরিদ্র বারা টাওয়ার হ্যাম-লেটসের হাজার হাজার মানুষকে চিকিৎসা সেবা দিয়ে আসছেন। এর স্বীকৃতি স্বরূপ তাঁকে নাইটহুড খেতাবে ভূষিত করা হয়েছে।

এ ছাড়াও এনএইচএসের ভবিষ্যতের রূপরেখা নিরূপনে তার ভূমিকাকেও স্বীকৃতি দেয়া হয়েছে। স্বাস্থ্য পরিসেবা কার্যকরভাবে নিশ্চিত করে স্থানীয় জনগণের স্বাস্থ্যের উন্নয়নের জন্যে টাওয়ার হ্যামলেটস কাউন্সিল পাবলিক হেলথ

টিম এবং দি সিসিজি যৌথ উদ্যোগে কাজ করে যাচ্ছে।

মেয়র লুৎফুর রহমান এ ব্যাপারে মন্তব্য করতে গিয়ে বলেছেন, “আমি ডাঃ স্যাম এ্যাভারিংটনকে তার প্রত্যাশিত খেতাব পাওয়ায় ধন্যবাদ জানাচ্ছি। স্থানীয় জনগণ যাতে উচ্চমানের স্বাস্থ্য সেবা পেতে পারেন ভবিষ্যতেও এ জন্য তিনি আত্মনিয়োগ করবেন।” মেয়র খেতাব লাভকারী সকলকে অভিনন্দন জানান।


ডাঃ স্যাম ছাড়াও টাওয়ার হ্যামলেটস ডুবরার বাসিন্দা আরো কয়েকজন বিশিষ্ট ব্যক্তিত্ব বিভিন্ন সম্মাণনা খেতাব পেয়েছেন। তাঁরা হলেনঃ শিক্ষা ক্ষেত্রে বিশেষ অবদান রাখায় প্যারা-ডিগম ট্রাস্টের প্রিন্সিপাল মিজ আমাভা ফিলিপস,


সঙ্গীতে অবদান রাখায় লন্ডন সিফোনির জনাথন মলডুস্ ফিলেনথ্রপিষ্ট পেয়েছেন সিবিই (কমার্ভার্স অব দ্যা ওর্ডার অব দ্যা ব্রিটিশ এম্পায়ার)। তথ্য প্রযুক্তির উন্নয়নে বিশেষ অবদান রাখায় এইচ-এম রেভিনিউ এন্ড কাস্টমস্ এর ডিজিটাল ডিরেক্টর ব্রিজিড ম্যাকব্রাইড এবং শিল্পকলায় অবদান রাখায় ক্রিয়েটিভ ইংল্যান্ডের চেয়ার জন লেজলি নিউবিগিন পেয়েছেন ওবিই (অফিসার্স অব দ্যা ওর্ডার অব দ্যা ব্রিটিশ এম্পায়ার)। খেতাব। উচ্চ শিক্ষা ও স্থাপত্যবিদ্যায় বিশেষ অবদান রাখায় ইউনিভার্সিটি অব ওয়েস্টমিনস্টারের প্রফেসর অব আর্কিটেক্ট প্রফেসর ক্যাথেরিন হেরন পেয়েছেন এমবিই (মেম্বার অব দ্যা অর্ডার অব দ্যা ব্রিটিশ এম্পায়ার) খেতাব।

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Now that the festive whirlwind of parties, late nights and overindulgence of food and drink has come to an end, it's time to focus on getting your body back into shape in 2015. **Shalina Hussain** has some tips.

KICK bad eating habits and lack of exercise by making 2015 the year you make realistic changes which will become a permanent part of your lifestyle.

Start with small changes, for example setting aside 30 minutes each day to exercise. Try a half-hour brisk walk, get off the bus a few stops early or take the stairs instead of the escalator.

The council, together with Better – the organisation that runs the borough's seven leisure centres and four swimming pools – is embracing this opportunity to help get the borough active and is working hard to provide state-of-the-art leisure facilities that residents can enjoy for years to come.

From beginners to future champions, the borough caters for a wide range of abilities and sports, aiming to make sure that leisure facilities meet everyone's needs.

Dive in and have a splashing good time with free and affordable swimming sessions.

Swimming is a fun way to burn calories and get fit as it exercises all the body muscles.

The council runs the following programmes:

Free Swim Friday – residents can swim for free on Fridays from 9am until the pool closes (during public swimming times).

Free Swim Saturday – families can swim for free on Saturdays from 12 noon until the pool closes (during public sessions).

Win free access to the borough's sports programmes – see Get a Life page 6



Spa London at York Hall offers the latest modern therapies



Training helps put the fun into football

Women and girls' swimming sessions – single sex swimming sessions which take place every week. The cost of a session is £1.10 for Better members – non-members can sign up at their local centre.

Kids for a Quid – children aged under 16 can learn to swim, make new friends or just have fun with this special offer running Monday to Saturday.

Free swimming for under-16s – available to Better members Monday to Saturday before 10am (during school holidays) and on Saturdays before 10am (term-time). Sessions available for £1 at specified times.

Over-60s swimming – available for £1 at off-peak times.

The **For the Girls, By the Girls** scheme (formerly Sport4Women) offers a range of activities starting from £1.15 for ages 14 and above.

The aim of the project is to increase the number of women and girls taking part in sports and physical activity sessions which aim to be fun, affordable, available to all and are delivered by female coaches.

Activities on offer include Pilates, dance, swimming, basketball, netball, badminton and hula hooping.

For the full programme visit www.better.org/forthegirls or email forthegirls@gll.org or call 07580 784838.

In the last three years the project has seen more than 2,500 women and girls taking part and has grown to more than 30 sessions per week.

Those who attend say they enjoy the sessions as they are affordable and give them the opportunity to socialise with like-minded women – and get fit too! The programme has been so successful that other areas in east London and further afield such as Cambridge are piloting the scheme.

It has also been expanded into schools and community centres. The council has been working with women's group such as the Jagonari Centre and Arbour Centre.

The programme provides the same opportunities as Sport4Women but also caters for girls under 16. If you want to know more and get involved email forthegirls@gll.org or follow them on twitter [@ForTheGirlsLDN](https://twitter.com/ForTheGirlsLDN)

Older people can take advantage of the award-winning **Young@Heart** programme, which hosts more than 30 dedicated 50-plus sessions each week. They include badminton, Pilates, table tennis, aerobics, and salsa, supporting older people to stay active and socialise.

Young@Heart runs at Whitechapel and John Orwell sports centres, and Mile End Park, York Hall, St George's and Tiller leisure centres.

The Mile End Park and St George's centres are part of the **Tom Daley Diving Academy** programme and both offer weekly adult and junior beginner courses and intensive holiday courses.

Children from ages five to 16 can learn the basics of diving and the programme is perfect for novices. To book online visit www.betterlessons.org.uk/book

Other activities on offer include:

Aqua Splash on Sundays from 1-4pm at Tiller Leisure Centre, where an inflatable obstacle course is set up for adults and children to have fun or challenge themselves in the pool.

Basketball courses for ages five to 11 at John Orwell Leisure Centre. Better has partnered with the London School of Basketball to give everyone the chance to take their skills to the next level.

Football courses for five- to 11-year-olds at

John Orwell Leisure Centre. The new football curriculum for children is designed to put fun at the focus of learning and education. Every player will be taught the



The council's seven leisure centres offer state-of-the-art gym equipment

You'd



Badminton courts are available for hire all over the borough



Tennis session at Young@Heart



Basketball training is on offer at John Orwell Leisure Centre



(Left) Netball isn't just for the girls!

(Below) Over-60s swimming is available at £1 a time

John Orwell Sports Centre
Tench Street, Wapping, E1W
7488 9421

Mile End Park Leisure Centre
190 Burdett Road, E3
8709 4420

Mile End Park Stadium
Rhodeswell Road, E14
8709 4420

St George's Leisure Centre
221 The Highway, Wapping, E1W
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14
7987 5211

Whitechapel Sports Centre
Durward Street, E1
7247 7538

York Hall Leisure Centre
Old Ford Road, Bethnal Green, E2
8980 2243

four core technical principles of control, passing, shooting and dribbling.

Gymnastics courses for ages three to 15 at John Orwell, Tiller and St George's leisure centres. Better works with British Gymnastics and aims to encourage all children to be physically active. It is the ideal sport to teach skills for life, including independence, focus and self-discipline.

Go4Sport is a scheme run by the council, Sport England, Poplar & Limehouse Health & Wellbeing Network and Poplar Harca, introducing different types of sports including football, badminton, dance, tennis, cricket, boxing and more. Each session costs £1 and is open to ages 14 and over.

Mayor Lutfur Rahman said: "The New Year is a good time to start thinking about lifestyle changes. Being active is great for your physical health and mental wellbeing. Tower Hamlets offers a wealth of sports and

activities so why not try out a few and see what you like best."

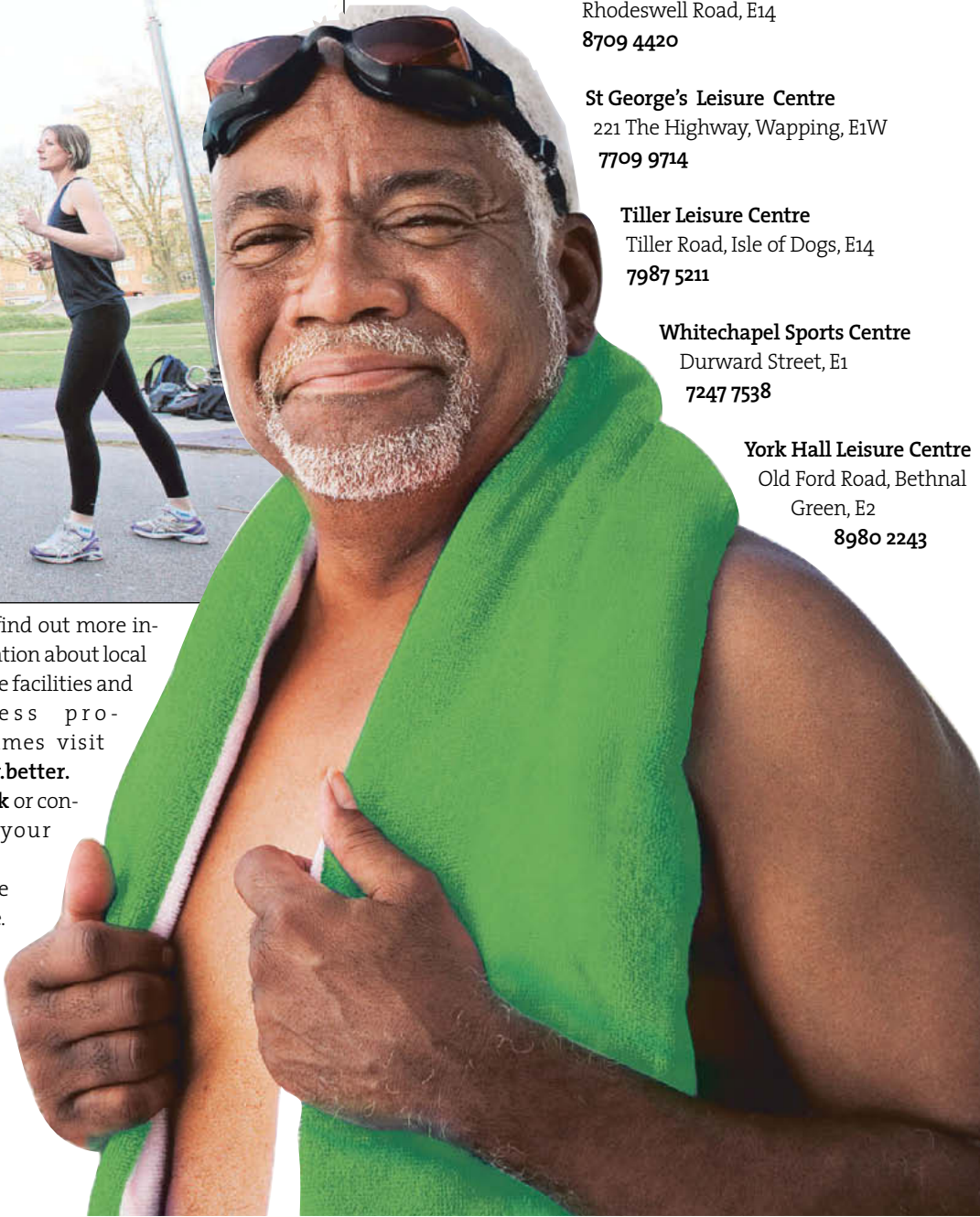
Cllr Shafiqul Haque, cabinet member for culture, added: "Getting active and exercising is a good way to beat the winter blues by lifting your mood and improving your wellbeing."

"Whether you want to take up walking, running, swimming or simply go to the gym – there is a class or activity to suit your needs."

After a hard day of working out residents can treat themselves to a pamper session at **Spa London** at York Hall. The spa underwent a £35,000 upgrade in October and offers the ultimate day spa package, combining traditional thermal treatments with the latest modern therapies.

Visitors can enjoy a full thermal experience including, steam room, sauna and relaxation zone. To find out more visit www.spa-london.org/yorkhall

To find out more information about local leisure facilities and fitness programmes visit www.better.org.uk or contact your local leisure centre.



and better shape up...

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, January 13

5pm: Health and wellbeing board

For details call 7364 4877 or email zoe.folley@towerhamlets.gov.uk

7.30pm: Standards (advisory) committee

For details call 7364 4878 or email david.knight@towerhamlets.gov.uk

Wednesday, January 14

6.30pm: King George's Field Charity Board

Contact David Knight (see above).

7pm: Development committee
Contact Zoe Folley (see above).

Monday, January 19

7.15pm: Overview &

scrutiny committee

Contact David Knight (see left).

Tuesday, January 20

6.30pm: Licensing sub-committee


Call 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

Wednesday, January 21

7.30pm: Council

For details call 7364 4204 or email johns.williams@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.



Christmas tree recycling collections
The recycling service will be collecting real Christmas trees until January 23.

[FIND OUT MORE](#)

Latest news
Christmas tree recycling: Best Value update
Ward forum meetings
Discuss your love of the past

[See all news & events](#)

Popular pages
Council tax
Parking
Waste & recycling
Planning

[See all online services](#)

Meet the Mayor
Lutfur Rahman is the first directly elected Mayor of Tower Hamlets. Read his fortnightly column and priorities for local residents and businesses.

[Find out more](#)

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

The Government is changing benefits

Prepare and act now

The Government is changing the benefits system as part of its plans for welfare reform. If you are claiming benefits, you may be affected. Households who are not in work or have low income will be most affected. The impact of these changes could be significant and you may need to take action to protect your income. Tower Hamlets Council will be providing support to help you understand the changes and what you can do to prepare. For more information about the changes visit the government website www.gov.uk or call our helpline on 0800 800 7000, or telephone 0202 555 4000.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

- E1**
64 Middlesex Street – change of use from café to hot food takeaway.
Evelyn House, Greatorex Street – lawful development certificate sought for replacement of existing single-glazed steel window units.
68-80 Hanbury Street – application for variation of condition of approved plans ref: PA/14/02458, dated 3.11.14 for revised layout to fourth floor to create duplex units for flats B, C and D of consented scheme PA/12/03372, dated 15.2.13 Amendment sought: revised layout to fourth floor to create duplex units for flats B, C and D through construction of a fifth floor.
118 Vallance Road – application for prior approval of transport and highways impacts of development, contamination risks and flooding risks on site for change of use of office floor space on first floor to three residential units.
5-6 Vine Court – proposed loft conversion with two rear dormers and one front dormer to provide additional studio flat.
Unit 4, 56 Commercial Road – application for lawful development certificate for existing use as dwelling.
245-247 Mile End Road – addition of first floor to rear garage and conversion into two flats.

- Siege House, Sidney Street** – proposed replacement of all existing timber doors with UPVC and new roof with insulation.
Second Floor, John Snow House, 59 Mansell Street – realignment of some stud plasterboard walls, secondary suspended ceiling to be adjusted below the plane of the original structure.

- E1W**
Metropolitan Wharf Building, 70 Wapping Wall – application for non-material amendment of planning permission ref: PA/14/01376, dated 11.8.14.

- E2**
281-285 Bethnal Green Road – demolition of buildings and redevelopment of site to provide residential-led mixed-use development, comprising retention of the facade to Bethnal Green Road frontage, construction of two five-storey buildings (with basement) to provide 21 dwellings and 132 sq m of commercial space, plus cycle parking, refuse/recycling facilities and access plus communal and private amenity space.

- E3**
15 Parnell Road – single-storey side extension.
Land to south of Springwood Close, Morville Street – application for non-material amendment of planning permission ref: PA/12/02855,

- dated 19.2.14; proposed amendment to wording of condition 13 (noise criterion).
Flat 28, 2nd Floor, Wellington Buildings, Wellington Way – balcony infill.

- E14**
1 Paul Julius Close – application for non-material amendment of planning permission ref: PA/13/01861, dated 25.10.13. Amendment sought: use of larger cladding panels.
Gun Tavern Public House, 27 Cold Harbour – enclosure of terrace area abutting riverside with electrically operated retractable roof and frameless sliding doors mounted on retaining wall on outer side of intermediate posts; timber decking.
The Co-operative food, Harbour Island, Harbour Exchange Square – sign 1: aluminium fascia with backed up acrylic opening hours text with vinyl face. Internally illuminated; sign 2: aluminium fascia with acrylic The Co-operative food text with vinyl face, internally illuminated; sign 3: aluminium fascia with acrylic The Co-operative food text with vinyl face and backed up acrylic opening hours text with vinyl face. Internally illuminated.
Ground Floor, Aegon House, 13 Lanark Square – application for prior approval for change of use from offices to residential.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service
Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis
For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team
Unit 22, Skylines Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Confidential money help available

If you are worried about your finances for 2015, there is plenty of advice to be found on the Money Advice Service website at www.moneyadviceservice.org.uk or call 0300 500 5000.

There is also free, confidential advice available through national helplines and local advice centres including Toynbee Hall, Island Advice Centre and Citizens' Advice – see page 8.

Public notices

LONDON BOROUGH OF TOWER HAMLETS
LICENSING ACT 2003
NOTICE OF APPLICATION FOR A PREMISES LICENCE
NOTICE IS GIVEN THAT BOW ARTS has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act

2003
Premises Bow Arts, 181-183 Bow Road, E3 2SJ
The licensable activities and timings are: Provision of Plays, Films, Indoor Sporting Events, Live Music, Recorded Music, Live Music, Performance of Dance and the Supply of alcohol Mon - Sun 10:00 – 00:00
Anyone who wishes to make rep-

resentations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG Website: www.towerhamlets.gov.uk Tel: 020 7364 5008
Representations must be received no later than 27 / 01 / 15
The Application Record and Reg-

ister may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.
It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

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*Conditions Apply



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK

Have your say

A new round of community ward forum meetings starts this week – for more information and venues...

SEE PAGES 12 & 13

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364
5015
Healthline – 7364 5016

General enquiries

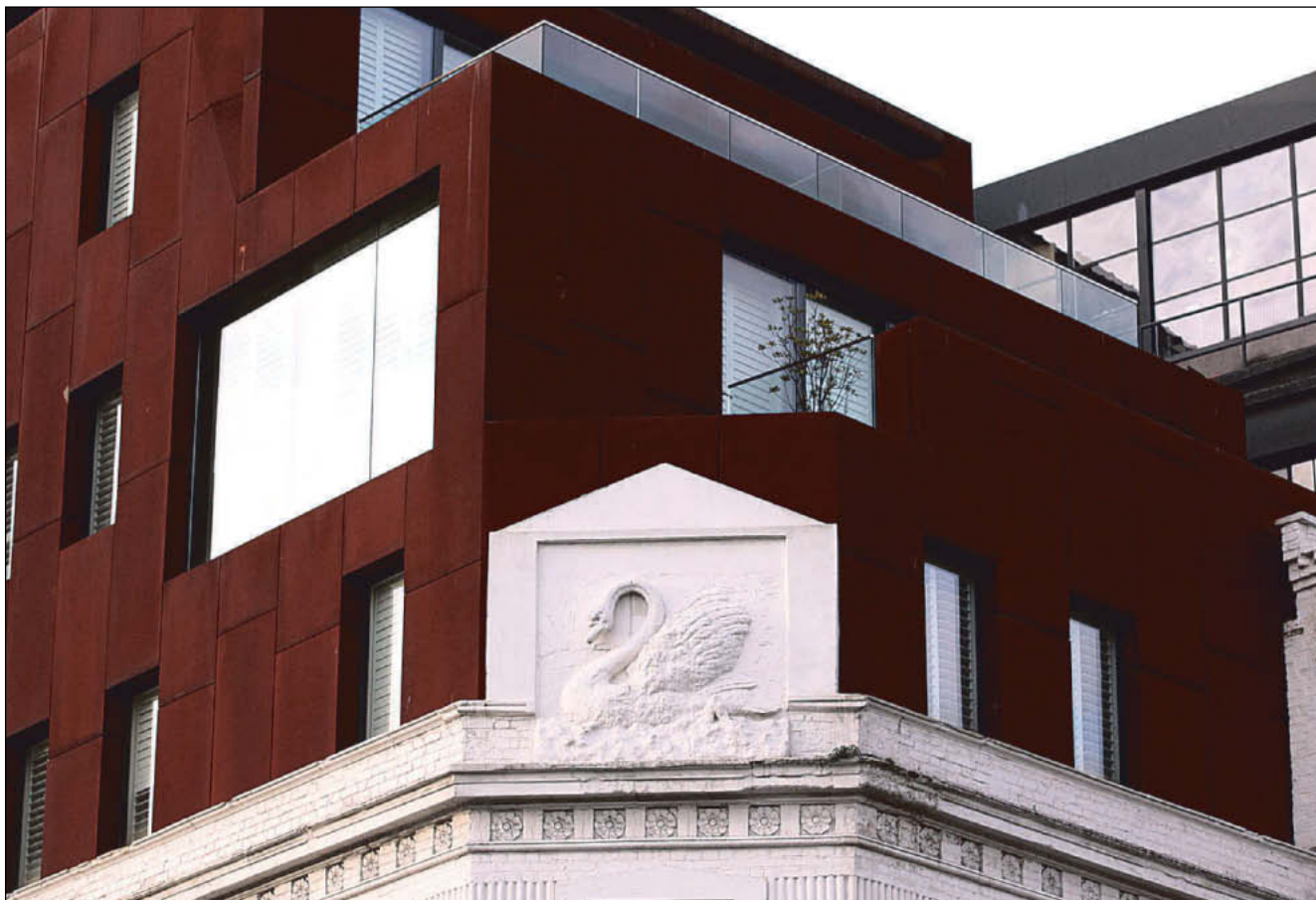
Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3)
– 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.



Do you know where to find this unusual feature of the borough? Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures. If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.

Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)

24-hour domestic violence national helpline

0808 2000 247

Haven Whitechapel (sexual assault referral centre)

7247 4787

Karma Nirvana (Honour Network Helpline)

0800 5999 247

Broken Rainbow (LGBT domestic violence)

0845 260 4460

Black Women's Health & Family Support

8980 3503

Rights of Women

(legal advice)

7251 6577

Victim Support Line

0845 30 30 900

Victim Support Tower Hamlets

8555 8254

NSPCC Child Protection Helpline

0800 800 5000

Childline

0800 1111

Shelterline

0808 800 4444

Respect (for perpetrators)

0845 122 8609

Reunite (advice about child abduction)

0116 2556 234

Men's Advice Helpline

0808 8010 327

Samaritans

08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict

Free service for council tenants and leaseholders. 7702 8305

Trading standards

Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

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or 0207 392 2976
for more information

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YOUNG MAYOR 2015

Who will you vote to be the next Young Mayor?



Shakila Akhtar



Zuhur Ahmed



Reshma Akthar



Monsur Ali



Shofiqul Alom



Amina Fardus



Lea Grantham



Hannah Hinde



Sayedul Islam



Hakim Khan



Shafia Mannan



Anika Noor



Khaledur Rahman



Deng Yan San

Read the candidates' manifestos on our website or pick up a copy at any youth centre and decide who you want to represent you!

Elections will take place in every secondary school on Wednesday 28 January 2015. Early bird voting in centres across the borough begins on Monday 19 January 2015.

For more information visit www.towerhamlets.gov.uk/YoungMayor or call us on 020 7364 3091. Keep up to date with the latest developments by following us on Twitter @TowerHamletsNow.



Plan reveals 3,500 new homes

Regeneration projects approved by the council include the Whitechapel Vision masterplan (left) with up to 3,500 new homes and the regeneration of Robin Hood Gardens, Poplar.

WWW.TOWERHAMLETS.GOV.UK

Saving energy

Energy efficiency improvements by EDF Energy will help cash-strapped residents to make ends meet.

SEE BELOW

Property

Birth of a new community

BY SAM GOUGH

PLANS by Canary Wharf Group to regenerate the 4.9 million square foot area formerly known as Wood Wharf have been given the go-ahead by the council.

The development of the Isle of Dogs site just east of Canary Wharf will include:

- 3,610 residential units, 25 per cent of which will be affordable housing;
- four new public spaces, ensuring residents have access to space for leisure;
- a new road network that will connect Wood Wharf to Canary Wharf in the west and to Prestons Road in the east;
- a proposed new primary

school for 420 children from the Wood Wharf site and the wider Isle of Dogs area;

- new health facilities and an Idea Store;
- commercial uses, including a hotel, retail spaces and 1.9 million square feet of offices.

Sir George Iacobescu, chief executive of Canary Wharf Group, said the scheme would reinforce Canary Wharf's status as one of the most attractive new places to both live and work.

"It gives us the go-ahead to create a brand new London community, attracting both residents and companies from the fast growing technology, media and telecoms sector as we continue to diversify," he said.

The redevelopment will make a huge contribution to the



An artist's impression of the Wood Wharf scheme

council's housing and employment needs.

Mayor Lutfur Rahman said: "We are working incredibly hard to build affordable homes for our residents. Wood Wharf will become yet another flagship regeneration project,

and will make Tower Hamlets an incredible place to live, work and visit."

Over the last five years, more than 4,500 new affordable homes have been built in Tower Hamlets, the largest number in the country.

Cllr Rabina Khan, cabinet member for housing and development, said: "We are proud of our work around housing. Wood Wharf will be another example of the way that Tower Hamlets is leading the rest in building and regenerating."

News in brief

Energy deal will save you money

AN energy producer has signed an agreement with social housing landlord Tower Hamlets Homes (THH) to carry out energy saving measures, said to be worth £1 million for residents.

EDF Energy signed the agreement with THH as part of the government's Energy Company Obligation – an initiative to help people in low-income areas to save energy and money.

Five hundred homes in four neighbourhoods, including Bancroft, Avebury, St Stephen's and Chicksand, will benefit from the scheme.

Ann Lucas, chair of the THH board, said: "At a time when there are pressures on household incomes it is great that we are able to work with EDF Energy to help cash-strapped residents make ends meet."

**TOWER HAMLETS
CAN RECYCLE MORE!**
www.towerhamlets.gov.uk

Christmas tree collection

There will be a collection service for the recycling of real Christmas trees from 5th - 23rd January.

If you currently receive a kerbside food and garden waste collection, simply remove any decorations and pots from your tree and leave out for collection on your scheduled collection day.

If you do not have a kerbside service please contact your property landlord or management company who may be able to arrange collections from nominated communal collection points.



tower hamlets homeseekers

09/01/15 - 15/01/15
Closing date for Internet and
Telephone bids:
15/01/15

Find out about local schools, council services, transport links, and businesses at: www.upmystreet.com

UpMyStreet

Circle 33
Enhancing Life Chances

eastTHAMES



You can bid for these homes only if you have an active application on the Tower Hamlets Housing List. Please do not visit any of them as it may cause a nuisance to neighbours.

We can only contact people we make offers to. Offers are made in priority order based on the lettings policy. A copy of the policy is available from us on 020 7364 2826 or on the website.

تاور ہملتس ہاؤسنگ لیٹلنگس آپنا ایکٹو ایپلیکیشن پر تاور ہملتس ہاؤسنگ لیٹلنگس پر ہونا چاہیے۔ آپ کو کسی بھی گھر کا دورہ نہ کرنا چاہیے کیونکہ یہ آپ کے پڑوسیوں کو پریشان کر سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کرتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

Waxaad dooran kartaa guryahan kaliya haddii aad leedahay codsi wali shaqayna oo ku jira liistada guryaha ee Tower Hamlets. Fadlan adigoo raali ah midna ha soo booqan guryahan, waxa laga yaabaa inay buuq ku keenaan jaararka.

Waxaan kaliya oo aan la xidhiidhnaa dadka aanu guryo ugu deeqayno. Guryo bixintu waxa lagu gaadhaa habka mudnaanta loo kala leeyahay ee ku salaysan nidaamka guryo kiraynta. Nuqul ka mid ah nidaamkan waxaad nagaga heli kartaa adigoo la soo xidhiidha telefanka 020 7364 2826 ama cinwaanka internetka

若您仍然登記在塔橋區政府現時生效的房屋名單上，您才可以競投這些房屋。請切勿到任何這些房屋造訪，因為這可能對鄰居造成滋擾。

我們只能聯絡那些我們可以提供房屋的人士。我們根據租屋政策按優先次序提供房屋。欲索取這份政策，請致電我們，號碼 020 7364 2826，或瀏覽網站。

Nếu đơn thỉnh cầu của bạn trong danh sách xin cấp nhà của Tower Hamlets mà có kết quả, bạn có thể lựa chọn những căn nhà này. Xin đừng tới tham quan bất cứ căn nhà nào vì có thể gây nên những phiền toái cho hàng xóm.

Chúng tôi chỉ có thể liên lạc với những người chúng tôi cấp nhà. Quyết định cấp nhà theo thứ tự ưu tiên dựa trên chính sách cho thuê nhà. Nếu bạn cần bản sao chính sách này, bạn có thể gọi số 020 7364 2826 hoặc vào trang web.

آپ ان گھروں کے لئے صرف اس صورت میں بولی دے سکتے ہیں اگر "ہاؤسنگ لیٹلنگس لسٹ" میں آپ کی درخواست واجب دادرزہ طور پر براؤزنگ میں سے کسی گھر کو دیکھنے کے لئے جائے۔ کیونکہ یہ ہمسائیوں کے لئے پریشانی کا باعث ہو سکتا ہے۔

ہم صرف ان لوگوں سے رابطہ کر سکتے ہیں جن کو ہم کی پیشکش کرتے ہیں۔ یہ پیشکش کرنا یہ داری کی پالیسی کی بنیاد پر ترجیحی لحاظ سے کی جاتی ہے۔ پالیسی کی کاپی ہم سے اس نمبر پر رابطے کے ذریعے دستیاب ہو سکتی ہے۔ 020 7364 2826 یا آپ اسے ویب سائٹ پر ملاحظہ کر سکتے ہیں۔

website: www.towerhamlets.gov.uk

Support Charges apply to **all Sheltered homes for the Over 60's**. This will be covered by Supporting People Subsidy **if you are entitled to Housing Benefit or other benefits**. Subsidy is also available for individuals not in receipt of benefit in some cases. If you need information about financial help, please contact the Lettings Team on 020 7364 0204/0206 or ask for a copy of our leaflet '**Support Charges in long term Supporting People Services**'. This is also available on our website www.towerhamlets.gov.uk.

Further information on homes advertised is available at One Stop Shops & Neighbourhood Housing Offices

Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



1. Internet Bidding
Just log on to www.thhs.org.uk



2. Telephone Bidding
Simply call 0845 270 2400

Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

Housing Demand

Demand by bedroom need and Banding as at 02/01/2015

Bedroom(s) needed	Band 1A	Band 1B	Band 2	Band 3	Total
1 bed	656	226	1,657	6,264	8,803
2 bed	501	95	1,993	1,731	4,320
3 bed	214	125	3,731	925	4,995
4 bed	97	71	1,240	105	1,513
5 bed +	16	4	151	12	183
Total Current Demand	1,484	521	8,772	9,037	19,814
Total Lets 01/04/2014 to 31/12/2014	271	299	647	129	1,346

Homes Let from 01/04/2014 to 31/12/2014

Bedroom size	Band 1A	Band 1B	Band 2	Band 3	Total
(Bedsit) 0	2	13	38	6	59
1	102	188	134	83	507
2	92	43	315	30	480
3	50	41	132	9	232
4	23	14	13	0	50
5	2	0	16	0	18
6	0	0	0	0	0
7	0	0	0	0	0
Total	271	299	648	128	1,346

Landlord and property type of homes let

Landlord	Bungalow	Flat	House	Maisonette	Total
COUNCIL	1	280	20	68	369
RSL (Registered Social Landlord)	3	759	58	157	977
Total	4	1,039	78	225	1,346

Floor level of homes let

Basement	Ground	1st	2nd to 4th	5th to 10th	11 +	Total
4	385	224	537	157	39	1,346

Applicants Currently Waiting (years)

The table below shows the length of time applicants are currently waiting on the Housing list. However, it is NOT an indicator of how long applicants can wait for rehousing.

Bedroom(s) required	1 bed	2 bed	3 bed	4 bed	5 bed +	Total
Up to 1 Year	1,062	523	333	42	9	1,969
2 Years	1,225	736	510	108	9	2,588
3 Years	1,343	845	673	113	17	2,991
4 Years	1,099	454	620	135	17	2,325
5 Years	904	391	526	152	17	1,990
6 Years	720	281	456	158	18	1,633
7 Years	599	198	410	102	16	1,325
8 Years	405	175	338	112	16	1,046
9 Years	381	161	278	131	13	964
10 Years	296	96	218	107	17	734
11 Years	210	96	153	81	11	551
12 Years +	559	364	480	272	23	1,698
Total	8,803	4,320	4,995	1,513	183	19,814

TOWER HAMLETS HOUSING LIST

INFORMATION ON HOUSING DEMAND AND LETS

The way we decide housing priority changed on the 20th April 2013.

Please see the Allocations Scheme document for details.

www.thhs.org.uk



SHELTERED
Accessible Category G
JOHN SINCLAIR COURT, THRAWL STREET, E1
Flat • 1 Bed 1 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted

Eligibility : Min Client Age 60

£254.80, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 31291



SHELTERED
Accessible Category B
SHAFTESBURY LODGE, UPPER NORTH STREET, E14
Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Shower Room with W/C • GCH • No garden • Pets not permitted

Eligibility : Min Client Age 60

£174.59, Weekly - Social Rent
Landlord: Shaftesbury H.A.

Property Ref: 31265



SHELTERED
Accessible Category E
JOHN TUCKER HOUSE, MELLISH STREET, E14
Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted

Eligibility : Min Client Age 60

£177.25, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31322



SHELTERED
Accessible Category E
RUTH COURT, MEDWAY ROAD, E3
Flat • 1 Bed 2 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Shared garden • Pets not permitted

Eligibility : Min Client Age 60

£199.85, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31327



OVER 60's
Accessible Category F
SWEDENBORG GARDENS, E1
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets with landlords permission

Eligibility : Min Client Age 60

£121.13, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31253



OVER 50's
Accessible Category E
COLSTEAD HOUSE, WATNEY MARKET, E1
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted

Eligibility : Min Client Age 50

£125.32, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31336



OVER 50's
Accessible Category F
CORNWOOD DRIVE, E1
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission

Eligibility : Min Client Age 50

£147.92, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 31290



OVER 50's
Accessible Category E
FRASER COURT, FERRY STREET, E14
Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

Eligibility : Min Client Age 50

£117.74, Weekly - Social Rent
Landlord: East Thames Group

Property Ref: 31339



OVER 50's
Accessible Category E
CROSBY HOUSE, MANCHESTER ROAD, E14
Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Pets not permitted

Eligibility : Min Client Age 50

£141.66, Weekly - Social Rent
Landlord: Gateway Housing Association

Property Ref: 31328



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
VAWDREY CLOSE, E1
Flat • 0 Bed 1 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£99.52, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31343



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
VAWDREY CLOSE, E1
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£99.52, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31344



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
WILLOUGHBY HOUSE, REARDON PATH, E1W
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£96.47, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31296



BEDSIT SELF-CONTAINED FLAT
Accessible Category G
STAFFORD CRIPPS HOUSE, GLOBE ROAD, E2
Flat • 0 Bed 1 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£91.24, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31237



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
RAPLEY HOUSE, TURIN STREET, E2
Flat • 0 Bed 1 Person • 4th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£101.67, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31270



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
BARONESS ROAD, E2
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£92.53, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31281



BEDSIT SELF-CONTAINED FLAT
Accessible Category F
STAVERS HOUSE, TREDEGAR ROAD, E3
Flat • 0 Bed 1 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Private garden • Pets permitted

£96.88, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31288



BEDSIT SELF-CONTAINED FLAT
Accessible Category D
VIMY RIDGE COURT, FESTUBERT PLACE, E3
Flat • 0 Bed 1 Person • 1st floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

£79.31, Weekly - Social Rent
Landlord: OLD FORD HA

Property Ref: 31241



BEDSIT SELF-CONTAINED FLAT
Accessible Category D
VIMY RIDGE COURT, FESTUBERT PLACE, E3
Flat • 0 Bed 1 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted

£80.21, Weekly - Social Rent
Landlord: OLD FORD HA

Property Ref: 31243



1 BEDROOM
Accessible Category F
ELLEN STREET, E1
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£124.39, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31297



1 BEDROOM
Accessible Category F
CLARK STREET, E1
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted

£121.08, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31275



1 BEDROOM
Accessible Category F
LONGNOR ROAD, E1
Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted

£112.49, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31233



1 BEDROOM
Accessible Category G
ARGYLE ROAD, E1
Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years with a 12 month starter tenancy • One week's advance rent required at sign up of tenancy

£101.99, Weekly - Social Rent
Landlord: Peabody

Property Ref: 31273



1 BEDROOM
Accessible Category G
HOBSONS PLACE, E1
Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted

£126.69, Weekly - Social Rent
Landlord: Tower Hamlets Community Housing

Property Ref: 31289



1 BEDROOM
Accessible Category F
PHOENIX COURT, MAST HOUSE TERRACE, E14
Flat • 1 Bed 2 Person • 5th floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted

£141.72, Weekly - Social Rent
Landlord: East Thames Group





















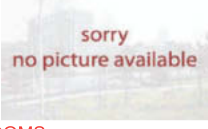




Property Ref: 31340



1 BEDROOM
Accessible Category F
MAIDSTONE HOUSE, CARMEN STREET, E14
Flat • 1 Bed 2 Person • 9th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission • One week's advance rent required at sign up of tenancy

£126.16, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31269

 <p>1 BEDROOM Accessible Category F NORTHCOTE HOUSE, SARACEN STREET, E14 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • Balcony • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£123.89, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31252</p>	 <p>1 BEDROOM Accessible Category F HIND GROVE, E14 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£121.60, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31292</p>	 <p>1 BEDROOM Accessible Category F ARBORFIELD HOUSE, EAST INDIA DOCK ROAD, E14 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£117.37, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31331</p>	 <p>1 BEDROOM Accessible Category D MILLHARBOUR, E14 Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • Electric storage heater • Balcony • Car free home • Pets not permitted</p> <p>£126.47, Weekly - Social Rent Landlord: Gallions Housing Association</p> <p>Property Ref: 31272</p>	 <p>1 BEDROOM Accessible Category G JAVA COURT, WAPPING HIGH STREET, E1W Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • Communal garden • Residents parking scheme • Pets not permitted</p> <p>£122.06, Weekly - Social Rent Landlord: Tower Hamlets Community Housing</p> <p>Property Ref: 31282</p>
 <p>1 BEDROOM Accessible Category F JOHN RENNIE WALK, E1W Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£123.32, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31235</p>	 <p>1 BEDROOM Accessible Category F SCEPTRE ROAD, E2 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£114.72, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31228</p>	 <p>1 BEDROOM Accessible Category F SCEPTRE ROAD, E2 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£114.72, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31239</p>	 <p>1 BEDROOM Accessible Category F LALEHAM HOUSE, CAMLET STREET, E2 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£109.38, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31284</p>	 <p>1 BEDROOM Accessible Category F TAPLOW HOUSE, PALISSY STREET, E2 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>£110.05, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31333</p>
 <p>1 BEDROOM Accessible Category D HEYLYN SQUARE, E3 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Private garden • Pets permitted</p> <p>£108.89, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31240</p>	 <p>1 BEDROOM Accessible Category F HEYLYN SQUARE, E3 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • Private garden • Pets permitted</p> <p>£108.89, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31285</p>	 <p>1 BEDROOM Accessible Category G BIRTWHISTLE HOUSE, PARNELL ROAD, E3 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted</p> <p>£125.25, Weekly - Social Rent Landlord: Genesis Housing Association</p> <p>Property Ref: 31278</p>	 <p>1 BEDROOM Accessible Category F SPANBY ROAD, E3 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Shower Room with W/C • GCH • Private garden • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£121.19, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31251</p>	 <p>1 BEDROOM Accessible Category F SPANBY ROAD, E3 Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£121.01, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31268</p>
 <p>1 BEDROOM Accessible Category F MULL HOUSE, STAFFORD ROAD, E3 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets permitted</p> <p>PREFERENCE GIVEN TO HOUSING MOVES APPLICANTS</p> <p>£106.60, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31280</p>	 <p>2 BEDROOMS Accessible Category F TROON HOUSE, WHITE HORSE ROAD, E1 Maisonette • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£129.43, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31338</p>	 <p>2 BEDROOMS Accessible Category F SEAGRAVE CLOSE, E1 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£125.43, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31262</p>	 <p>2 BEDROOMS Accessible Category F JARMAN HOUSE, JUBILEE STREET, E1 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted • Heating & hot water included in charges</p> <p>£144.28, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31227</p>	 <p>2 BEDROOMS Accessible Category F SOLWAY HOUSE, ERNEST STREET, E1 Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£127.61, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31298</p>
 <p>2 BEDROOMS Accessible Category C SMITHFIELD COURT, CABLE STREET, E1 Flat • 2 Bed 3 Person • 5th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets with landlords permission</p> <p>£152.74, Weekly - Social Rent Landlord: EastendHomes</p> <p>Property Ref: 31326</p>	 <p>2 BEDROOMS Accessible Category F PEABODY BUILDINGS BLOCK A, JOHN FISHER STREET, E1 Flat • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years with a 12 month starter tenancy • One week's advance rent required at sign up of tenancy</p> <p>£132.79, Weekly - Social Rent Landlord: Peabody</p> <p>Property Ref: 31295</p>	 <p>2 BEDROOMS Accessible Category F ATELIER COURT SOUTH, LEVEN ROAD, E14 Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy</p> <p>£161.70, Weekly - Social Rent Landlord: Swan Housing Association</p> <p>Property Ref: 31267</p>	 <p>2 BEDROOMS Accessible Category G ST GABRIEL'S CLOSE, LONDON, E14 Maisonette • 2 Bed 3 Person • 1st floor • Open plan kitchen • No Lift • Bathroom with W/C • GCH • No garden • Pets with landlords permission • One week's advance rent required at sign up of tenancy</p> <p>£130.12, Weekly - Social Rent Landlord: Poplar HARCA</p> <p>Property Ref: 31293</p>	 <p>2 BEDROOMS Accessible Category E WATERVIEW HOUSE, CARR STREET, E14 Flat • 2 Bed 4 Person • 16th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted</p> <p>£118.29, Weekly - Social Rent Landlord: Tower Hamlets Council</p> <p>Property Ref: 31234</p>



2 BEDROOMS
Accessible Category E
MARY MACARTHUR HOUSE, WARLEY STREET, E2
Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

Advert represents 2 properties
£119.84, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31238



2 BEDROOMS
Accessible Category F
EVERSLEY HOUSE, GOSSET STREET, E2
Flat • 2 Bed 3 Person • 1st floor • Separate kitchen • One lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted

£120.52, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31329



2 BEDROOMS
Accessible Category F
WYNDHAM DEEDES HOUSE, HACKNEY ROAD, E2
Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£123.80, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31264



2 BEDROOMS
Accessible Category F
COLUMBIA ROAD, E2
Maisonette • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • Private garden • Pets permitted

£129.04, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31325



2 BEDROOMS
Accessible Category F
PELTER STREET, E2
Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Pets permitted • Ramp to front door

£133.07, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31258



2 BEDROOMS
Accessible Category F
CUFF POINT, COLUMBIA ROAD, E2
Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

£134.64, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31231



2 BEDROOMS
Accessible Category F
CANTERBURY HOUSE, BOW ROAD, E3
Flat • 2 Bed 4 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

£129.86, Weekly - Social Rent
Landlord: Poplar HARCA

Property Ref: 31257



2 BEDROOMS
Accessible Category F
PRIESTMAN POINT, RAINHILL WAY, E3
Flat • 2 Bed 4 Person • 3rd floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£159.14, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 31332



2 BEDROOMS
Accessible Category F
TREDEGAR SQUARE, E3
Flat • 2 Bed 4 Person • Basement • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets permitted

£135.66, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31341



3 BEDROOMS
Accessible Category E
BROCKMER HOUSE, CROWDER STREET, E1
Maisonette • 3 Bed 5 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets with landlords permission

£163.27, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 31276



3 BEDROOMS
Accessible Category G
HAVERING STREET, E1
House • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C • GCH • Private garden • Pets not permitted

£153.90, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 31274



3 BEDROOMS
Accessible Category F
JUBILEE STREET, E1
Maisonette • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets with landlords permission • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy

£156.78, Weekly - Social Rent
Landlord: Swan Housing Association

Property Ref: 31271



3 BEDROOMS
Accessible Category F
TOLLET STREET, E1
House • 3 Bed 5 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • Private garden • Permit parking • Pets not permitted • Stairlift • Fixed Term. This is a fixed term tenancy of 5 years with a 12 month starter tenancy • One week's advance rent required at sign up of tenancy • Grab rail to front door

£153.00, Weekly - Social Rent
Landlord: Peabody

Property Ref: 31342



3 BEDROOMS
Accessible Category G
PINNACLE HOUSE, MANCHESTER ROAD, E14
Maisonette • 3 Bed 5 Person • 4th floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Pets not permitted

£169.10, Weekly - Social Rent
Landlord: One Housing Group

Property Ref: 31261



3 BEDROOMS
Accessible Category C
SHANNON APARTMENTS, ROSS WAY, E14
Flat • 3 Bed 5 Person • 1st floor • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • Biogas communal heating system • Balcony • Car free home • Pets not permitted • Low level bath with shower over • Solar panels

£164.72, Weekly - Social Rent
Landlord: Dominion Housing Group

Property Ref: 31277



3 BEDROOMS
Accessible Category F
NEWCOURT HOUSE, POTT STREET, E2
Flat • 3 Bed 6 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Pets permitted

Eligibility : Transfer List

£133.01, Weekly - Social Rent
Landlord: Tower Hamlets Council

Property Ref: 31229



3 BEDROOMS
Accessible Category C
APPOLD COURT, GODFREY PLACE, E2
Flat • 3 Bed 5 Person • 3rd floor • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Provisional Service Charge

£193.90, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 31279

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



AFFORDABLE RENT
Accessible Category F
SHEAD COURT, JAMES VOLLER WAY, E1
Flat • 2 Bed 4 Person • 5th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years with a 12 month starter tenancy

£231.36, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31236



AFFORDABLE RENT
Accessible Category E
EAST INDIA DOCK ROAD, E14
Flat • 2 Bed 3 Person • 2nd floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years with a 12 month starter tenancy

£202.00, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31294



AFFORDABLE RENT
Accessible Category F
EASTFIELD STREET, E14
Flat • 2 Bed 3 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years with a 12 month starter tenancy

£191.08, Weekly - Affordable Rent
Landlord: Circle 33 HA

Property Ref: 31335



AFFORDABLE RENT
Accessible Category G
WEST INDIA DOCK ROAD, E14
Flat • 1 Bed 2 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£191.47, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31230







AFFORDABLE RENT
Accessible Category G
STEVEDORE STREET, E1W
House • 5 Bed 8 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 2-5 years except for those currently holding a Secure or Assured social housing tenancy

£312.00, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 31283

AFFORDABLE RENT PROPERTIES

 <p>AFFORDABLE RENT Accessible Category D BURLON RIDGE COURT, FESTUBERT PLACE, E3 Flat • 2 Bed 4 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£201.00, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 31319</p>	 <p>AFFORDABLE RENT Accessible Category D BURLON RIDGE COURT, FESTUBERT PLACE, E3 Flat • 1 Bed 2 Person • 1st floor • New build • Separate kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£162.00, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 31320</p>	 <p>AFFORDABLE RENT Accessible Category D BURLON RIDGE COURT, FESTUBERT PLACE, E3 Flat • 1 Bed 2 Person • 4th floor • New build • Open plan kitchen • Two lifts • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£165.00, Weekly - Affordable Rent Landlord: OLD FORD HA</p> <p>Property Ref: 31334</p>	 <p>AFFORDABLE RENT Accessible Category G ELLESMERE ROAD, E3 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.</p> <p>£179.31, Weekly - Affordable Rent Landlord: Circle 33 HA</p> <p>Property Ref: 31260</p>
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Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



Under-occupation

Do you live in a home which has **MORE BEDROOMS** than you need?

Do you live in a home which has more bedrooms than you need?

If your answer is yes, and you would like to move to a smaller property, you may be able to get help from your landlord.

Tower Hamlets Council is working with Tower Hamlets Homes and our Common Housing Register partner landlords to free up larger homes for families who need them.

We can offer a range of help and support to tenants who wish to move, and who qualify for the scheme.

This leaflet explains more about the help that may be available if you agree to move. To discuss your options in more detail please contact your landlord.

Please note: Expressing an interest in this scheme and registering on the Common Housing Register does not mean you have to move to a smaller property.

How do I qualify for the scheme?

You must be a secure or assured tenant of a partner landlord and living in Tower Hamlets. You need to be giving up at least one bedroom and have a home which is suitable for the needs of people on the housing register.

Following government changes to benefits rules, working age households who are under-occupying will not receive full housing benefit.

If you are one of these households you could benefit from the under-occupation scheme.

Why should I consider moving?

A smaller home may cost less to keep warm and your rent may be lower. If you move not only will you free up a larger home for a family in housing need, but you may also save yourself money.

What help will I get to move?

We know that each tenant has different needs, and that is why we have developed a range of options for qualifying social housing tenants to choose from.

In addition, we will also help you with bidding for homes in the area in which you want to live.

You will need to check with your landlord which of the following options you may be eligible for, should you qualify for moving under this scheme.

This will be dependent on the number of bedrooms you give up.

Incentives may include:

- **Practical assistance with the move**
- **Re-direction of your post**
- **Handyperson service or gardener for the day**
- **Help with rent issues**
- **Help with decorating**
- **Disconnections/reconnections for your gas and electricity etc.**
- **Financial assistance**

Your landlord will advise and assist you through this process to help ensure you are settled in your new home.

What to do if you are interested

If you are interested in moving and want to know if you qualify for our under-occupation scheme, please contact your landlord or visit www.thhs.org.uk for contact details of your landlord.



REMINDER

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.

FREE Courses for the New Year



Intro to Youth Work Course

Dates: TBC – 2 days course

Venue: BFA Office, 85 Myrdle Street, London E1 1HL

This short course will give you a brief introduction into youth work, the guiding principles of youth work, what youth work is all about and the different settings youth work can take place. You will also learn about what makes a good youth worker and the progression route into a career in youth work.

The certificate will enable you to complete the rest of the modules in Level 1 Youth Work course and also progress directly to Level 2 Youth work course.

FREE Food Safety in Catering Course (Level 2)

Dates: TBC – 1 day course

Venue: London Training Centre, 243A Whitechapel Road, London E1 1DB

Are you looking to go into work in the catering industry? This 1 day course will teach you the basics around food hygiene and food safety.

The certificate will make it easier for you to enter the catering industry.

All these courses are for unemployed, NEET and economically inactive people living in Tower Hamlets. Anyone studying less than 16 hours can also attend.

For further information or to book onto the course, please contact Kamrul Islam on 020 7392 2126 or email bfauk@btconnect.com



Are you a parent or grandparent?

Would you volunteer to give 2 to 4 hours per week, home-visiting a struggling family?

Could you share some life experience helping parents give their children the best start in life?

We would love you to join us.

Extra skills like speaking Sylheti or Arabic would be helpful but are not essential. Full training and support is given along with travel expenses.

Contact Home-Start TH on: **020 7377 8552**
or email info@hstowerhamlets.org.uk

www.hstowerhamlets.org.uk



Canon Barnett Primary School

Gunthorpe Street, London E1 7RQ
Tel: 020 7247 9023

Have you had experience working with parents and their children?

We are looking to recruit a Parent Support Partner who will continue to build on the outstanding practice within the school.

The successful candidate must already have experience of working with parents, good IT skills and GCSEs in Maths and English at grade C or above.

8.30am – 4.00pm | Monday – Friday term time only | Scale 6

Closing date for application is Wednesday, 28th January, 2015 at 12.00pm

Further information, including an application pack, is available to download from www.canonbarnett.sch.uk

Interviews will be held on Monday, 2nd February 2015

The school is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment. An enhanced police check is required for the post.



EARLY YEARS NETWORK TOWER HAMLETS

Weavers Fields Community Nursery Requires

Early Years Practitioner | REF: WFCN01

37.5 hours per week

Shift work between the hours of 8.00am and 6.00pm

Pay Rate: £21,196 per annum

A full and relevant level 3 childcare qualification on Department of Education Qualification website or equivalent. A minimum of 2 years experience of working with children under 2 essential.

For an application pack please email: recruitment@eynth.org.uk

Or send in an A4 90p stamped addressed envelope to Early Years Network Tower Hamlets, 15 Kelsey Street, London E2 6HD

Closing Date: 30th January 2015



Experienced COMMUNITY CARE ASSISTANT Urgently Required

Ref: A/HCS/CA/12/14

Area covered: London Borough of Tower Hamlets

Rate up to £8.80 p/h (zero hour contracts)

Home & Community Services is currently recruiting homecare workers for flexible, reliable and caring individuals to work with children and family, young adults and older people in Tower Hamlets.

- Carers must be flexible to work early mornings, afternoon including weekends & bank holiday.
- Must be energetic and be able to travel around the borough
- Must be ready for immediate start.
- Must attend for induction and training when requested.
- All applicants must provide a valid work permit/passport.
- All employment will be subject to references and all clear enhanced CRB check.

Section 5(2) d of the Race Relations Act 1976 apply.

The post is exempt from the Rehabilitation of Offenders Act 1974 and subject to a CRB disclosure check.

Applicants must apply online at www.apasenth.org.uk for all other enquiries email recruitment@apasen.org.uk

Due to the large number of applications we receive, we regret that only shortlisted candidates will be notified.

Closing date: 23/01/2015



To advertise in East End Life, call

Terri on 7364 4682

Chris on 7364 4994

Fatima on 7364 4623

Sharan on 7364 4061



SWANLEA SCHOOL

BUSINESS & ENTERPRISE COLLEGE



Swanlea is a large, vibrant and thriving school in the centre of London. With c.1050 students on roll, a further 210 studying at Swanlea as part of our collaborative Sixth Form, staff at Swanlea have the opportunity to work alongside outstanding colleagues to deliver the curriculum and outstanding student outcomes from 11-19. We are currently looking for exceptional professionals as follows:

Somali Learning Mentor

Temporary maternity cover until Jan 2016 • Immediate start

£19,823 - £21,467 • Full-time: 35 hours per week, term time only

We are seeking a student mentor, accustomed to working with pupils in small groups and on a one-to-one basis. You will be supporting pupils showing a variety of behavioural, emotional and social needs. You will be mentoring students, helping students manage their behaviour and securing the support of parents and outside agencies. In this role you will need to demonstrate sympathy with Somali heritage and culture together with proficiency in the Somali language as well as having excellent communication and administrative skills. Join this outstanding secondary school and help raise the achievement of our learners.

Inclusion Admin Assistant - Special Educational Needs Department

Temporary contract, initially until July 2015 • Immediate start

£13,241 - £14,016 • Part-time: 21 hours per week (Mon/Tue/Wed), term time only

Working in a busy but exacting secondary school department, you will play a crucial role in organising systems and support for children and parents. You will enjoy working with people and be keen to use your initiative in monitoring records and communicating relevant information to staff.

For more information and to apply, please email Rosie Gavens at officeadmin@swanlea.towerhamlets.sch.uk or go to: www.teshirewire.com/SwanleaSchool/E15DJ

Closing date: 9.00am on 23rd January 2015.

Swanlea School is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment. All posts are subject to a satisfactory enhanced Disclosure and Barring Service check and references.

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here...



Early Years Area Inclusion Coordinator

Education, Social Care and Wellbeing Directorate

Ref: ESW00263 | FTC until March 2016

£43,075 - £46,614

Soulbury 10-13

Head of HEC Global Learning Centre

Education, Social Care and Wellbeing Directorate

Ref: ESW00293

£39,069 - £41,811

per annum

Primary School Librarian

Education, Social Care and Wellbeing Directorate

Ref: ESW00414 | Part-time, FTC for 12 months

£31,323 - £32,964

pro rata

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.

Closing date for all posts: 25.01.2015



EQUALITY FRAMEWORK FOR LOCAL GOVERNMENT EXCELLENT



INVESTORS IN PEOPLE

Silver



Smart Training

Boost your employment chances with a training course

Aged 16-24 and looking to get started in a career? Then study free of charge* for the Traineeship Programme with Smart Training.

- Study for a Certificate in Work Skills
- Complete a high quality work placement
- Get tuition in English and Maths
- Improve your CV writing and interview skills.

Training is weekly in East London and you can keep any benefits you're entitled to.

*Depending on your existing qualifications. You must have lived in the UK or European Union for the last three years to be eligible.

Traineeships

Interested? Apply now – text SMART to 80800, email start@smart-training.com, phone 0845 177 0695 or see www.smart-training.com/jobsandadvice

Advocate (part time)
£28,558 (pro rata)



Information Officer (part time)
£16,698 (pro rata)

This is an excellent opportunity to join an exciting third sector organisation. We are recruiting two posts within our Information, Advice & Advocacy service.

We particularly welcome applications from disabled people, and people who live in Tower Hamlets.

Applications close: 5pm on Wednesday 4th February

Full information at
www.real.org.uk/get-involved/work-for-real

LONDON BOROUGH OF TOWER HAMLETS THE TOWER HAMLETS (GOODS LOADING BAYS) (NO.1) ORDER 2012 (AMENDMENT NO.1) ORDER 2015 NO.1

THE TOWER HAMLETS (PERSONALISED DISABLE PARKING PLACES) (NO.1) ORDER 2010 (AMENDMENT NO.1) ORDER 2015 NO.2

- NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Tower Hamlets on 12 January 2015 made the above-mentioned Orders under the relevant sections of the Road Traffic Regulation Act 1984, as amended by Section 5 of the Local Government Act 1985 and the Traffic Management Act 2004.
- The general effect of the Orders would be to in:
 - Yeo Street** (south side at its junction with Violet Road) – Increase the Goods Vehicle Loading Bay by 1m at its eastern end and change the operational times from Monday – Saturday 7am – 5.30pm to Monday – Sunday 7am – 5.30pm
 - Arbery Road** (outside no. 50A) – To convert a single Resident Parking Space into a Personalised Disable Bay.
- The Regulations, fees and usual exemptions imposed by the governing Traffic Management Orders would apply to the proposals referred to in paragraph 2 above.
- A copy of each of the proposed Orders and all relevant documents can be inspected, by prior appointment, at the offices of the at the Parking Services Offices, 585-593 Commercial Road, London E10HJ (0207-364 6949), during normal office hours on Monday to Friday inclusive until the expiration of a period of 21 days from the date on which this notice is published.
- Any person desiring to comment on or object to any of the proposed Orders should send a statement in writing or Email: Parking.development@towerhamlets.gov.uk of their objection and the grounds thereof, to the above address within the aforementioned period of 21 days.

Dated: 12 January 2015

**JAMIE BLAKE
SERVICE HEAD, PUBLIC REALM**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – PLUMBERS ROW E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Plumber Row between its junction Mulberry Street and its junction with Coke Street.

The restrictions on vehicular traffic will enable essential crane works to be carried out on the public highway by Penten Group Limited.

The alternative route for vehicular traffic will be via Plumbers Row, Mulberry Street, Adler Street and Coke Street and vice versa or Coke Street, Greenfield Road, Fieldgate Street and Plumbers Row.

The restriction on vehicular traffic will operate on the following weekdays:

- a) Monday 19th January 2015 and Tuesday 20th January 2015 from 08:00 hours until 18:00 hours each day;
- b) Monday 26th January 2015 and Tuesday 27th January 2015 from 08:00 hours until 18:00 hours each day.

These are when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Transport and Highways on 020 7364 6717 or email mick.jameson@towerhamlets.gov.uk

Dated: 12th January 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1)

TEMPORARY PROHIBITION OF TRAFFIC – WILKES STREET E1

NOTICE IS HEREBY GIVEN, that Council of the London Borough of Tower Hamlets made an Order which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriage-

way in Wilkes Street approximately 25 metres north from its junction with Fournier Street.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Cappagh Browne on behalf of Thames Water.

The alternative route for vehicular traffic will be via Wilkes Street, Princelet Street, Brick Lane, Quaker Street, Wheler Street, Commercial Street and Fournier Street.

Throughout the duration of the works, and at times when the “no entry” traffic signs are covered, the existing one way working in Wilkes Street between its junction with Princelet Street and its junction with Fournier Street will be temporarily suspended.

The restriction on vehicular traffic will operate from Tuesday 20th January 2015 to Thursday 22nd January 2015 and at times when traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Charlie Harrison, Network Coordinator, Transport and Highways on 020 7364 6671 or email charlie.harrison@towerhamlets.gov.uk

Dated: 12th January 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – FIELDGATE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Fieldgate Street for a distance of approximately 20 metres from its junction with New Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Cappagh Browne on behalf of Thames Water.

The alternative route for vehicular traffic will be via New Road (southbound), Commercial Road (westbound), Settles Street, Fordham Street, Myrdle Street and Fieldgate Street or New Road (northbound), Whitechapel Road (westbound), Whitechapel High Street (westbound), Leman Street, Alie Street, Commercial Road, Settles Street,

Fordham Street and Myrdle Street.

Throughout the duration of the works, and at times when the “one way” traffic signs are covered, the existing one-way working in Fieldgate Street between its junction with New Road and its junction with Myrdle Street will be temporarily suspended.

The restriction on vehicular traffic will operate from Wednesday 14th January 2015 to Friday 16th January 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Mick Jameson, Network Coordinator, Transport and Highways on 020 7364 6717 or email, mick.jameson@towerhamlets.gov.uk

Dated: 12th January 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – WESTFERRY ROAD E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will continue in force to prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway on the right lane in Westferry Road (in the northbound direction only) between its junction with the northern arm of Heron Quay Longabout and its junction with Westferry Circus Roundabout.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by Clancy Docwra Limited.

The alternative route for vehicular traffic will be via Westferry Slip Road (northbound), Westferry Circus Roundabout and Westferry Road.

The restriction on vehicular traffic will operate from Tuesday 6th January 2015 to Saturday 4th April 2015 and at times when temporary traffic signs are placed on the public highway pursuant to The Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 12th January 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – TYNE STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, having consulted with Transport for London, made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Tyne Street between its junction with Pomell Way and its junction with Whitechapel High Street.

The restriction on vehicular traffic will enable essential carriageway works to be carried out on the public highway by LBTH.

The alternative route for vehicular traffic will be via Whitechapel High Street, Commercial Street and Pomell Way or Whitechapel High Street, Old Castle Street and Pomell Way and vice versa.

The restriction on vehicular traffic will operate from Monday 12th January 2015 for a period of 10 weeks and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Nasser Zanitchkhah, Street Scene Engineer, Improvement Works Group, Transport and Highways on 020 7364 6812 or email, nasser.zanitchkhah@towerhamlets.gov.uk

Dated: 12th January 2015

**JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

Why you should read Public and Legal notices.

These notices inform the public of planning act notices from roads to buildings as well as licensing act notices, notices to creditors, missing beneficiaries & insolvency acts etc.

LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

643 Commercial Road, London PA/14/3521/MCH
Installation of extract flue and use of premises as a café .

66 Brick Lane, London, E1 6RL PA/14/3449/LYM
Addition of juliet balcony to existing french doors on rear elevation at first floor level.

67 Brushfield Street, London, E1 6AA PA/14/3501/BEE
Change of use of ground floor and basement of 67 Brushfield Street from retail (Use Class A1) to restaurant (Use Class A3).

Unit 3, 26 Brushfield Street, London, E1 6EU PA/14/3432/KHA
Application to display 2x fascia and 1x projecting signs

68-80 Hanbury Street, London, E1 5JL PA/14/3399/SHA
Application for variation of condition 2 (approved plans) to planning permission ref: PA/14/02458, dated 03/11/2014 for the " revised layout to 4th floor to create duplex units for flats B, C and D of the consented scheme PA/12/03372, dated 15/02/2013
Amendment sought: Revised layout to 4th floor to create duplex units for flats B, C and D through the construction of a fifth floor.

Footway Outside 100 Whitechapel Road, London PA/14/3366/LYM
1 x 6-Sheet advertising panel, affixed to a 'Traffic' design Bus Shelter. The advertising panel displays 2 commercial advertising posters

Flat 3D, Olivers Wharf, 64 Wapping High Street, London, E1W 2PJ PA/14/2986/KHA
Internal refurbishment of the existing property to provide a revised layout with new bedrooms and bathrooms with full respect of the special character of the building

15 Artillery Passage, London, E1 7LJ PA/14/3202 & 3203/KHA
Basement extension

81 Mile End Road, London, E1 4UJ PA/14/3104/MCH
Demolition of existing kiosk and erection of replacement

118-120 Whitechapel Road, London, E1 1JE PA/14/2699/AHU
Installation of fascia signs

RADIO MAST (34568) On Roof Of 14-16, Pixley Street, London PA/14/3436/BMC
Upgrading of existing radio base station consisting of the removal of the existing 6no. pole mounted antennas and the installation of 6no. new pole Antennas

Wellington Primary School, 7-11 Wellington Way, London, E3 4NE PA/14/3360/BMC
Erection of sun shade canopy over existing play area

245-247 Mile End Road, London, E1 4BJ PA/14/3485/ITH
Erection of 1st floor to rear garage and conversion into 2x1 bedroom flats

519-523 Cambridge Heath Road, London, E2 9BU PA/14/3474/JTH
Demolition of the existing building and construction of a new five storey building to provide training facility (Class D1) at ground floor and nine dwellings (Class C3) on first to fourth floors (2 x 3 bed, 5 x 2 bed and 2 x 1 bed.)

Railway Arches, 203 Barnardo Street, London, E1 0LL PA/14/3461/JTH
Use of unit for preparation and cooking of food to be delivered. Associated rear extraction fans

71 Brushfield Street, London, E1 6AA PA/14/3338 & 3339/KHA
External work: Installation of extract vent on front elevation of building. Internal works to include: installation of partition walls, bathroom, kitchen, lighting and dumb waiter

Flat 28, 2nd Floor of Wellington Buildings, Wellington Way, E3 4NA PA/14/2521/SAE
Balcony infill to flat 28.

Harry Gosling Primary School, Henriques Street, London, E1 1NB PA/14/2987/SHA

Two storey building located in the playground of the School with toilets at ground floor and a multi use classroom at first floor.

The following are householder applications and in the event of an appeal against a refusal of planning permission, which is to be dealt with on the basis of representations in writing, any representations made about these applications will be sent to the secretary of state, and there will be no further opportunity to comment at appeal stage.

31 Stepney Green, London, E1 3JX PA/14/3566 & 3567/LAB
1. Raise the entrance elevation parapet wall to align with the adjoining property No29. To construct a new brick gable and set back roof structure located over the current flat roof, for the purpose of creating a larger usable children's bedroom
2. Replace and increase in height three non original windows to the Roland Mews entrance elevation
3. Provision of access for maintenance to the main valley roof
4. Provide a timber bike and log store
5. There are no proposed works to the Stepney Green elevation.

41 Ellesmere Road, London, E3 5QU PA/14/3507/MCH
Partially demolition of existing rear 2 storey extension replace with 3 storey extension with infill single storey side extension

4 Moravian Street, London, E2 0NJ PA/14/3495/LAB
Infill side extension between the existing boundary and rear addition. Addition of 1 new rooflight to the front elevation and 1 additional rooflight to the rear elevation

2 Scandrett Street, London, E1W 2UP PA/14/3400 & 3401/ADW
External alterations to the Grade II listed building including the construction of structural enclosure glass above brick parapet to the rear of the second floor roof terrace and between roof eaves around the perimeter of the terrace, including the removal of existing French doors and slate wall cladding to the side of the terrace and the installation of sliding glass and stud partition. Internal alterations including the installation of a new bathroom at second floor level.

3 Driffield Road, London, E3 5NE PA/14/3340/MCH
Demolition of existing extension, construction of replacement ground floor and first floor rear extension, and replacement windows

38 Quilter Street, London, E2 7BT PA/14/3331/KHA
Single storey rear extension. Installation of first floor level window at the rear of the property. Erection of new boundary fence.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 12th January 2015

OWEN WHALLEY
Head of Planning and Building Control



Public notices

PUBLIC NOTICE

THE LONDON BOROUGH OF TOWER HAMLETS

ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – FERRY STREET E14

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of

carriageway in Ferry Street for a distance of approximately 20 metres opposite The Ferry House Public House.

The restriction on vehicular traffic will enable essential valve repair to be carried out on the public highway by Cappagh Browne on behalf of Thames Water.

The alternative route for vehicular traffic will be via Ferry Street and Manchester Road and vice versa.

The restriction on vehicular traffic will operate from Monday 19th January 2015 to Wednesday 21st January 2015 and at times when temporary traffic signs are placed

on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to John Parsons, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6680 or email, john.parsons@towerhamlets.gov.uk

Dated: 12th January 2015

JAMIE BLAKE
SERVICE HEAD
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG

Lions need a flyer

London Lions basketball team aim to get back to winning ways when they meet Bristol Flyers at home on Sunday.

WWW.LONDONLIONSBASKETBALL.COM



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To find out more about the wide range of healthy and enjoyable events and activities available at the borough's leisure centres go to your local centre or visit.

WWW.GLL.ORG

Sport

Ross leading the way on water

BY PETER FAULKNER

TOWER Hamlets rising kayak star Ross Dixon ended the year with a real splash at the British Open Freestyle championships by being crowned the top youth paddler.

And 12-year-old Ross's prize at the Hurley event on the Thames was a brand new boat.

Ross, twice the Tower Hamlets kayak performer of the year, is one of the few paddlers to compete nationally in two disciplines – slalom and freestyle.

The highlights of the season for Ross included a gold medal



Ross Dixon

in the British Club Championships in the autumn, for top overall performance.

Coach and European finalist

Dan McGaley said: "Ross was brilliant that day, he was really focussed and deserved the result. He has trained hard over the summer and it all paid off."

"Some of the guys he beat have been paddling for 20 years. He was also a great part of the team event, his enthusiasm was really infectious."

Ross is part of the England Talent Academy training six times a week at the Lee Valley Olympic White Water Centre, alongside British world and Olympic champions.

He has set his sights on the European championships when he is old enough in 2017.

Sport in brief

Rugby

MILLWALL Rugby Club's second team sponsors have agreed to continue backing the club.

Carrot Cars, a minicab company based at Admirals Way, Isle of Dogs, will fund the team for the second season. This will enable the club to continue to develop, and offer facilities for training, playing and supporting rugby – particularly important in this World Cup year.

Millwall are recruiting players for the new year fitness drive. Experienced players and

beginners are welcome at their Monday or Wednesday night training sessions (7 for 7.30pm).

Beginners and lapsed players can join the Return to Rugby course running on Saturday mornings.

Sailing

THE London Boat Show running at **Docklands Excel Centre** from now until January 18 will, as usual, boast some impressive yachts and boats for all types of ages and pockets.

But if you just happen to have £1.89million to spare, a luxury Princess S72 powerboat,

one of this year's new exhibits, could be all yours for a life on the ocean wave.

The show is now in its 61st year and younger visitors can enjoy canoeing and kayaking lessons to get adjusted to life in the water or improve their skills.

Athletics

TOWER Hamlets is to share in a £4.8million pot from the London Marathon Charitable Trust.

The borough is to receive £65,780 – one of 70 organisations in London, Surrey and Northants who will benefit from the fund.

LONDON BOROUGH OF TOWER HAMLETS

TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT THE LONDON BOROUGH OF TOWER HAMLETS IS CONSIDERING THE FOLLOWING APPLICATIONS:

Former Site at 58 To 64 Three Colts Lane And PA/14/3569/JTH
191 To 205 Cambridge Heath Road, Cambridge Heath Road, London
 Application for alteration to approved plans by variation of conditions 2, 3, 9, 12, 13, 18, 24 and 25 of planning permission dated 11/07/2014, ref: PA/14/00020.

281-285 Bethnal Green Road, London, E2 6AH PA/14/3424/AHU
 Demolition of existing buildings and redevelopment of the site to provide a residential led mixed use development, comprising the retention of the façade to the Bethnal Green Road frontage, erection of two five storey buildings (with basement) to provide 21 dwellings and 132 sqm of commercial space falling within use classes A1, A2, A4, B1, D1 and/or D2, plus cycle parking, refuse/recycling facilities and access together with communal and private amenity space.

Site At 1 To 18 Dollar Bay Court 4 Lawn House PA/14/3261/KFL
Close, London
 Application for variation of Condition 2 (The development hereby permitted shall be carried out in accordance with the approved plans and documents listed in the Schedule to this planning permission. This variation seeks to supersede the approved plans to allow for the subdivision of the existing 2no. penthouse units to create 4no. units at levels 28-31) of planning permission dated 29/03/2012, ref PA/11/01945

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated 12th January 2015

OWEN WHALLEY
HEAD OF PLANNING & BUILDING CONTROL



LONDON BOROUGH OF TOWER HAMLETS REVIEW OF POLLING DISTRICTS AND POLLING PLACES

Representation of the People Act 1983 (as amended)

The London Borough of Tower Hamlets is conducting a review of polling districts and polling places in accordance with the above legislation.

The review will determine the polling districts and polling places to be used at future elections within the borough. The authority will:-

- Seek to ensure that all electors in each constituency have such reasonable facilities for voting as are practicable in the circumstances;
- Seek to ensure that so far as is reasonable and practicable the polling places are accessible to all electors including those who are disabled; and
- When considering or reviewing the designation of a polling place, have regard to the accessibility needs of disabled persons.

As part of the review, the representations of the Acting Returning Officer have been sought and these are now published for consultation at www.towerhamlets.gov.uk/elections

Any elector within the authority or within a UK Parliamentary constituency which has any part in the authority may make a representation. The authority would also welcome any person or body with expertise in access for persons with any type of disability to make a representation or to comment on the authority's proposals, the Acting Returning

Officer's representations or any other matter.

Persons or bodies making representations should, if possible, give alternative places that may be used as polling places.

The deadline for receipt of representations is **5pm on Monday 26th January 2015.**

Details of the existing polling stations in the borough, together with maps showing the existing polling districts, are posted on the Council's website at

www.towerhamlets.gov.uk/elections and available for inspection at the Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG.

Any representations should be sent in writing before the above deadline to:-

The Electoral Services Manager
 Tower Hamlets Town Hall
 Mulberry Place
 5, Clove Crescent
 London
 E14 2BG

Or by e-mail to electoralservices@towerhamlets.gov.uk

For further information please contact the Electoral Services Manager at the above address or by telephone on 020 7364 3139.

John Williams
Electoral Registration Officer
5th January 2015



Public & Legal Notices



Honour for top goal-scorer Rory

Wapping Hockey Club is to honour leading goal-scorer, Rory Heaslip, left, by renaming the annual end-of-season top goal-scorer trophy after him. Rory has moved to Australia.

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Off-field woes threaten FC future

Soccer

TOWER Hamlets Football Club face being kicked out of the league and will not be allowed to play again until their fate has been decided by Essex Senior League chiefs at a special meeting later this month.

The club, which plays at Mile End Stadium, has been suspended since December 13 after being defeated by league leaders

Haringey Borough and face the threat of expulsion for alleged unpaid fines.

And in another blow just before Christmas, manager Ajibola Ashnike, formerly Olatunbosun, quit the club to join league rivals Ilford.

The Essex Senior League's committee and all other member clubs have agreed to meet on January 21 to decide the club's fate.

Tower Hamlets were scheduled to play Barking on December 27, but this was cancelled due to their problems off the field.

Tower Hamlets were established in 2000 and pulled off a cup double in 2014, winning the Inner London Football League Cup and the Tower Hamlets Mayor's Cup, which they also won in 2012.

School cricketers set to crack first-class game

BY PETER FAULKNER

SPORTING glory has no boundaries as former Essex cricketer Jahid Ahmed knows only too well.

Ahmed is the only British-Bangladeshi to ever play first-class cricket but his work as the borough's cricket development officer is set to ensure that he won't be the last.

The Tower Hamlets Youth Sport Foundation cricket development team are working hard to make sure others follow the same successful path.

Some of the successes of the past year suggest Jahid might not have too long to wait.

Tower Hamlets under-13s, led by Swanlea's Rabbi Uddin, competed in the London Youth Games and booked their place at the Lord's final.

Although an early loss to Barnet put the title out of reach, Tower Hamlets had a commanding victory over 2013 champions Harrow, with Oaklands' Saydul Islam and St Paul's Way's Shorif Uddin the star performers. This saw them placed fifth overall in London.

Basit Ahmed, then a pupil at Cayley Primary, was a key member of the under-13 indoor team, despite only being ten years old.

He became the 21st youngster from Tower Hamlets to move into county age group cricket when chosen for Middlesex under-11s. And when he opened the batting for Tower Hamlets District team for a county festival game at Malvern College in Worcestershire, his superb 96 not out earmarked him as a genuine future star.

Two sports development organisations – Laureus and the Active Communities Network – celebrated their partnership with



Mahi Mahfuzul (left) and Jahed Miah had an excellent season last year

moved to the UK less than a year ago, but PE teacher Chris Kinnear and Jahid were quick to spot his talents.

He has trained and played with Tower Hamlets District and Blackheath Cricket Club and in early August he rattled up his maiden hundred against Herefordshire at Bromsgrove School.

Tower Hamlets' long-established partnership with Blackheath saw Tower Hamlets boys – Abu Hasnath, Rifat Ahmed, Fahik Huda, Emon Uddin (all Stepney Green School), Arif Ahmed (Bow School) and Shipon Miah (Swanlea School) – all make an appearance at the South of England Finals of a National Cup.

It was Hasnath's 45 runs in the Kent County Cup Final in Canterbury that was the backbone of Blackheath's victory. Swanlea's under-14 spinner Jawad Al-Haque had not played a round of the cup before the final but his accurate off-breaks derailed Canterbury.

Former Bethnal Green Academy student Jahed Miah and former Swanlea (now Cambridge Heath 6th Form) student Mahi Mahfuzul both had an excellent season with Jahed taking four wickets for the loss of just one run in a third round National T20 Cup match and Mahi hitting 76 for Kent under-17s against Sussex. Jahed was Kent's leading wicket-taker and Mahi was Kent's under-17s leading scorer.

Jakir Hussain, who works in the PE department at Stepney Green School, captained Blackheath under-19s in the ECB's pilot competition and picked up a hat-trick of wickets. He has led the side so impressively that he will captain a men's senior team at Blackheath for the 2015 season.

the sport foundation, when they got former Australia captain and Laureus patron Steve Waugh to induct another legend, ex-Indian batsman Rahul Dravid, as a patron at Christ Church Primary School.

More than 30 young people from Tower Hamlets' under-11 and under-13 squads were selected to attend county residential cricket festivals in Worcestershire with the Tower Hamlets District team.

The under-13s gained notable victories over Herefordshire and Oxfordshire led by Stepney Green's Mahfuzur Rahman, Sir John Cass's Mohammad Shazood and Swanlea's Jawad Al Haque.

The under-11 team's victory over Bedfordshire, spearheaded by Basit Ahmed's 96 not out, was well supported by excellent bowling from Abutahid Dulal (Christ Church Primary), Mahaz Riaz (Shapla Primary), Huzaifah Hussain (Mowlem Primary) and Mohsin Hussain (Hague Primary).

Stepney Green's Mahfuzur Rahman



The successful Wapping squad

Hockey

WAPPING Hockey Club became the Men's East Division 1 indoor tournament champions at the University of Anglia in Norwich with a dramatic last-minute goal after two days of action.

This was the first time they had entered the tournament and the squad, that included players from the top three men's teams, was carefully selected so as not to risk injuries for the coming league programme.

Day 1: Saturday, January 3

The first game against Bishop's Stortford started slowly for Wapping as players got used to the thinner indoor sticks, sideboards and the ball not being allowed to leave the floor of the court.

Wapping eventually took the lead through Dan Chancellor and in the second half, the floodgates opened with Chris Fell scoring a quick-fire brace with a fourth coming from Dominic Graham.

The second game, against eventual runners-up Ipswich, saw Wapping dominate throughout, winning 6-1 – four goals from Fell, one from Chancellor and one from Bunyan.

The final game of day one saw a comprehensive 8-0 victory over Norwich Dragons, another four goals for Fell (taking his tally for day one to ten from three games), a hat-trick from Graham and one goal from D'Souza.

With indoor hockey being high-scoring it was remarkable to concede only two goals in the three fixtures.

Day 2: Sunday, January 4

Wapping were grateful for the arrival of M3 coach Norval Scott on Sunday to bolster a depleted squad that now included only two substitutes and only defensive players.

They opted to use their substitutes in the forward areas, leaving Ollie Davies and Michiel Marck in defence, supplemented by Chancellor whenever rest was needed.

The first game against Bourne Deeping saw Wapping losing 3-1 at half-time before four unanswered second-half goals saw them run out 5-3 winners. Goals came from Dutchman Marck, two from captain Davies and two from D'Souza.

The fifth game saw a disappointing 4-1 loss to a young Sudbury squad – a game in which Wapping were guilty of missing several chances.

In the final match against fellow outdoor East Premier A rivals Wisbech, Wapping knew they had to win by four clear goals to win the tournament.

They cruised to a 3-0 half-time lead with two goals from D'Souza and one from Norval Scott.

However, Wisbech rallied in the second half with two goals, but the result was never in doubt, with Wapping maintaining a comfortable two- or three-goal cushion after two brilliant goals from German Heye Scheffel.

With the score at 5-2 and less than a minute left to play, D'Souza beat his man and forced a short corner. In the resulting corner the ball was slipped to Norval Scott who fired in the bottom corner to give Wapping the four-goal cushion required for glory.



More inside

For stories on hockey, football, athletics and sailing, turn to...

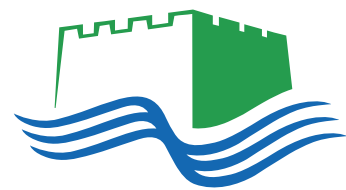
PAGES 34 & 35



Meet the new kids on the crease

Meet the rising stars of cricket under the wing of the Tower Hamlets Youth Sport Foundation cricket development team who are hoping to break into the first-class game.

SEE PAGE 35



TOWER HAMLETS

eastendsport

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Atia, 12, shocks her title rivals

BY PETER FAULKNER

STEPNEY Green School joined forces with London Tigers to stage the largest ever women's badminton tournament – and a 12-year-old girl caused the biggest shock of the day.

Fourteen groups of women took part in the tournament held at Stepney Green School with Atia Shahid, 12, and her

partner Tanjila Hasan, 20, from Stepney Green, emerging as champions.

Quyen Diep, 51, from the Isle of Dogs, and Gzeta Vittunaite, 18, from Poplar, were runners-up.

After the first round, the event was divided into two competitions, one for the Cup and one for the Plate.

The Plate champions were Alima Begum and Nora Akham-

Right (l-r): Quyen Diep, Tanjila Hasan, Atia Shahid and Gzeta Vittunaite with their gold cups

rich, while Anthea Nicholas and Irma Stapleton were the runners-up.

"It was inspiring watching such a diverse group of women come together and compete," said Sulthana Begum, communities manager for London Tigers.

"Special thanks to our coach Asma Pathan who was instrumental in organising this competition."

The participants came from all over Tower Hamlets and ranged in ages from 12 to 51.

London Tigers runs several women's health and fitness sessions across Tower Hamlets. If you are interested in joining these sessions, contact Sulthana on 7289 3395 or visit the website at www.london-tigers.org



Competitors at the Stepney Green School competition

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A night at the museum

Scary dolls houses at the V&A Museum of Childhood

SEE PAGE 2



Fly me to the Half Moon

What's on at the Limehouse children's theatre in 2015

SEE PAGE 5



Pankhurst & perfect pizza

Find out what our reviewer thought of Lord Morpeth pub

SEE PAGE 7

ISSUE 1042 12 - 18 JANUARY 2015

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get a life!

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Lindy hop to it!

Swing into the New Year with an old school dance class – see page 3

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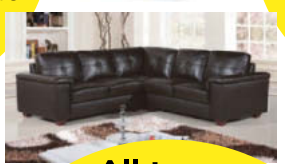
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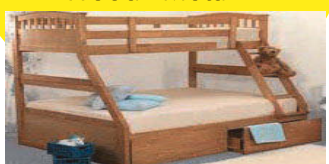
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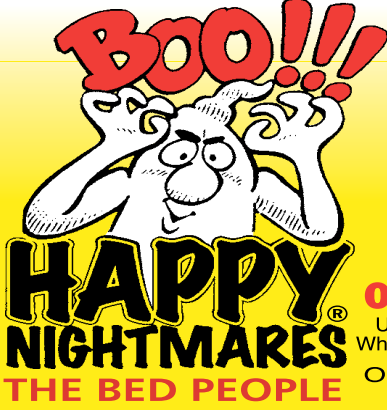


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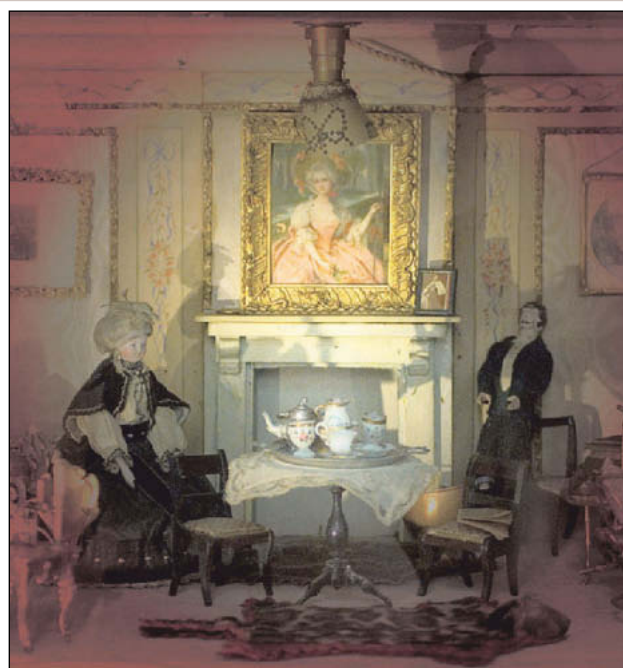


Rants from the riverbank

The Angry Boater, who lives on a canal boat, challenges the myth that a life on the water is all about peace and tranquility.

SEE BELOW

Out & about



ARE you brave enough to explore a museum full of old toys and dolls' houses in the dark?

The V&A Museum of Childhood is open after hours on Thursdays, January 15 and February 12 for two special nights of spooky events.

Both evenings will begin with a film adaptation of M R James's Victorian horror classic The Haunted Dolls' House. This will be followed by a torch-lit tour of the Small Stories exhibition.

The museum is in Cambridge Heath Road, Bethnal Green. Tickets cost £5 (includes one drink) and doors open at 6.30pm. To book a place call 8983 5205.

Comedy

The Angry Boater

Live comedy show which started as a blog and podcast by Joel Sanders, who has lived on a canal boat for five years. The show challenges the myth that a life on the water is all about peace and tranquility. Tickets £7, £10 on the door.

Tues & Weds, Jan 13 & 14 7.30pm. Booking at www.angryboater.com or wegottickets.com – priced £7 (or £10 cash on the door).

Joel will interview comedian Paul Chowdhry after the show on Jan 14 at 9.15pm (doors 9pm) plus audience Q&A. Tickets £10 in advance from www.wegottickets.com/event/301315

The Backyard Comedy Club, 231 Cambridge Heath Road, E2. www.angryboater.com

Events

Plastic Words

Writers, visual and performance artists hold a series of events looking at

contemporary literature and art. Includes readings, performances, panel discussions and publishing experiments.

Marginalia, a companion display curated by Antony Hudek with artworks by Eleanor Antin, Isidore Isou, John Murphy and Philippe Thomas, will be on view during events. Tours of the display with Hudek on Jan 8, 15 & 22. Free. Runs until Jan 30. Open Weds-Sun, 11am-6pm. Raven Row, 56 Artillery Lane, E1. 7377 4300 www.ravenrow.org

Canary Wharf ice rink

Open until the end of Feb, includes London's only skate path. Tickets £14.50, children under-13 £9.50, concs £12, family tickets available. Booking fee applies. Until Sat, Feb 28. Mon-Fri 11am-11pm, Sat 10am-11pm, Sun 10am-10pm. 08456 531431 icerinkcanarywharf.com

Ghost tours

Discover haunting tales of the docklands in these two-hour evening tours. Minimum age 16, advance booking required. Tickets £26.25 (includes refreshments and booking fee). Tues, Jan 13, 20 & 27. 6.30-8.30pm.

Museum of London Docklands, No. 1 Warehouse, West India Quay, E14. 7001 9844

www.museumoflondon.org.uk

Pongathons

Art, design, music and innovation all set around the game of ping pong, including coaching from Pingathon's professionals. Free, pay to play. Tues, Jan 13 & Mon, Jan 26. 5pm. Rich Mix, 35-47 Bethnal Green Road, E1. 7613 7498

www.pongathon.com

Anti-Gallery

Experimental arts festival with events featuring installations, visitor participation and performances by a collection of artists to challenge the values, practices and conventions of traditional gallery culture.

Until Thurs, Jan 29. Espacio Gallery, 159 Bethnal Green Road, E2. 07815 319073

www.espaciogallery.com

Exhibitions

Yellow Snow

Features work by artist Tobias Teschner. Free.

Opens Fri, Jan 16, 6-8pm, then runs until Feb 22. Open Weds-Sat, 11am-6pm & Sun, 12-6pm. Wilkinson Gallery, 50-58 Vyner Street, E2. 8980 2662

All the World's a Sunny Day

A series of collages by Roy Voss made by cutting a word from the back of a found postcard, most from the 1960s to 1980s, and inserting it into the image on the front.

Weds, Jan 21- Mar 8. Open Weds-Sun, 12-6pm.

Matt's Gallery, 42-44 Copperfield Road, E3. 8983 1771

www.mattsgallery.org



Dancing with the Dragons

Swing Patrol secured backing from Dragon's Den's Deborah Meaden (left) following a showcase of their dance style – and the exposure has allowed the movement to grow ever further.

WWW.SWINGPATROL.CO.UK



Ice, ice baby...

Try out London's only skate path at the Canary Wharf ice rink.

ICERINKCANARYWHARF.COM

Out & about

On patrol with the city swingers

BY KEITH MAHON

SWING dancing, made popular in dance halls across the USA in the 1930s and 40s, has become a craze across the capital once again, thanks in no small part to London-wide outfit Swing Patrol.

A dedicated community of swing and blues dancers, the patrol organises social dancing nights at 34 venues across the city. Venues in east London are seeing a revival of jazz music and 40s styling, and of high-energy dances such as the lindy hop and balboa.

Swing Patrol are particularly active in Tower Hamlets with frequent social events at Wilton's Music Hall in Wapping, as well as weekly sessions in Shoreditch, Bethnal Green and a blues dancing night in Shadwell. The sessions are often accompanied by live swing or blues bands.

The group secured backing from Dragon's Den's Deborah Meaden following a showcase of their dance style and the exposure has allowed the movement to grow ever further.



Swing Patrol with a dance night at Wilton's Music Hall

The company's founder Scott Cupit moved from Australia with the idea five years ago and encourages dancers and non-dancers alike to go along.

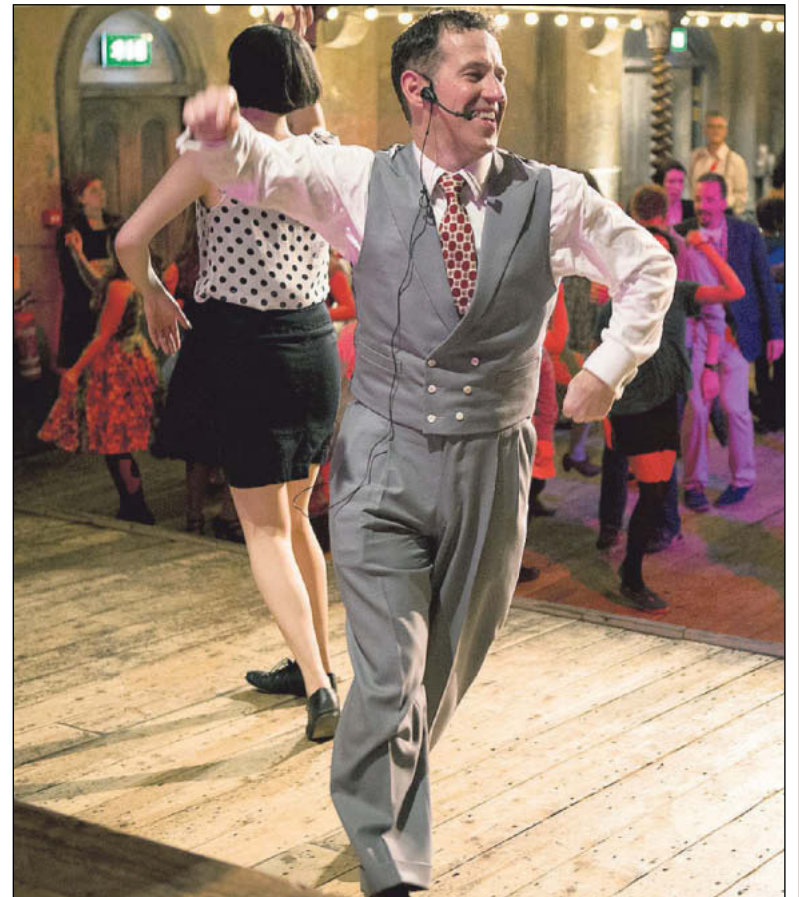
"The evening is full of games, floor shows and a taster lesson at the start for beginners, while the dancers still get time to dance their socks off as they please," Scott told East End Life.

Lindy hop sessions take place on Mondays from 8-10.15pm at The Backyard Comedy Club, 231 Cambridge Health Road, Bethnal Green; on Tuesdays from 7-10.15pm at The Royal

Inn on the Park, 111 Lauriston Road, Victoria Park and from 7-10.15pm at The Water Poet, 9-11 Folgate Street, Spitalfields; and on Sundays at 3.30pm and 4.45pm at Juno, 134 Shoreditch High Street, E1.

Blues dancing is taught on Tuesdays from 7-11pm at the 4th Floor Studios, 255-259 Commerical Road, Shadwell and balboa on Wednesdays at 7.15pm and 8.15pm at 30 Hanbury Street, E1.

Sessions cost between £8 and £12. For more information visit www.swingpatrol.co.uk



Swing Patrol founder Scott Cupit gets 'em on the dance floor

Journeys

Celebrates the output of students who attended weekly Art 4U2 classes over the last few years, which focus on teaching different mediums and art techniques.

Until Feb 15.
Brady Arts Centre, 192
Hanbury Street, E1.

Music

Open jam session

Hosted by trumpeter Kevin Davy who opens the evening with the house band. All good musicians welcome including instrumentalists, MCs and vocalists. Free.

Sun, Jan 25. 7.30pm.
Rich Mix,

35-47 Bethnal Green Road, E1.
7613 7498
www.richmix.org.uk

Winter Reverb

Performance by electric guitar quartet The Colin Fallows Ensemble.

Fri, Jan 16. 7.30pm. Free,
booking required.

Wilkinson Gallery,
50-58 Vyner Street, E2.
8980 2662

Talk

5x15
Five 15-minute talks by people speaking about their passions and achievements. This evening

features Spitalfields' The Gentle Author, artist Viktor Wynd, Irish singer-songwriter Lisa Hannigan and film makers Mike Figgis and Franny Armstrong. £15.
Weds, Jan 21. 7.30pm
Wilton's Music Hall,
Graces Alley, E1.
7702 2789

Theatre

Need a Little Help

A fun and thoughtful glimpse into a world of care based on the experiences of young carers. For ages 3-7. Tickets £6.
Fri, Jan 16, 10.30am & 1.30pm;
Sat, Jan 17, 11am, 1pm & 3pm.
Half Moon Theatre,
43 White Horse Road, E1.


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THROUGHOUT CANARY WHARF / FREE

Eleven digital and lights installations illuminate the darkest month of the year.

WINTER LIGHTS WEEKEND

EVENTS & PERFORMANCES

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FOR MORE INFORMATION VISIT CANARYWHARF.COM

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Booking fees apply. All details correct at time of press.



Moon rising
Half Moon presents professional theatre for children and youngsters.

WWW.HALFMOON.ORG.UK



Sing-along-a-Freud

The One Festival returns to Isle of Dogs venue The Space this month with a varied programme of 17 shows including Freud: The Musical written and performed by Natasha Sutton-Williams (left).

SEE BELOW

Get a Life!

Dance

Argentinian tango E14

Class. Sat 1-5pm. £5.
St John's Community Hall,
37 Glengall Grove, E14.
7538 3852

Ballroom/Latin American

Fri, 1.45-3.45pm, £5, free refreshments. No beginners.
Kingsley Hall, Powis Road, E3.
8550 1392

Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm.
Free.
Alpha Grove Centre,
Isle of Dogs, E14
7538 1714

Energize4Girly

South African gumboot dancing.
Every other Saturday from 11am-12.30pm.
St Pauls Shadwell Church, 302

A UNIQUE festival celebrating the arts of the deaf and hard of hearing community returns to Bethnal Green for 2015.

The Incloodu Deaf Arts Festival will feature a free day programme of 'deaf led' celebrations featuring family activities, theatre and workshops.

After 7pm there will be performances from comedians and artists including a low frequency soundscape party created by deaf sound artist Luna Menta. Advance tickets for evening performances cost £10.

Mark Bushell, co-director of Incloodu, said: "The purpose of the festival is to elevate people's awareness of deaf culture in general and to build bridges between the deaf and hearing community."

The festival will run on Saturday, January 24 at Rich Mix, 35 Bethnal Green Road, E1. Incloodu will be followed by an exhibition at the Rich Mix gallery from architect Martin Glover and The Roomfactory examining designing for deaf space which is available to view until January 31. For more details visit www.incloodu.co.uk



The Highway, E1.
energize4girlydance@gmail.com

Green Candle Senior Dance

Over-60s, no experience is necessary.

Tues, 10.30am-12.30pm, one free taster session.
Oxford House, Derbyshire

Street, E2.

7739 7722

Salsa

For dancers of all experience, beginners welcome, followed by dancing until midnight. Prices vary. Free first class for ladies.

Every Weds, 7.30-9.30pm.
The Urban Bar, 176
Whitechapel Road, E1.
07932 658861

Swing Dance

All ability levels welcome.
Every Fri, 7-9pm.
£7 per person or £10 for a lead/follow couple.
The Hall, St Margaret's House,
21 Old Ford Road, E2.
8980 2092

Zumba classes

Every Tues 11.15am-12.15pm.
Healthy living sessions every
Fri, 11am-3pm.

St Matthias Community Centre, 113 Poplar High St, E14.
7515 8362

Kids

Ballet for children

Every Thurs. Ages 2 fh-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm.
Alpha Grove Community Centre, Isle of Dogs, E14.
nina.monteiro@hotmail.com

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.
Tower Project, 45-55 White Horse Road, E1.
naima@towerproject.org.uk
7790 9085

Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and strides II, 5-6yrs; dash, 7-11yrs.
Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus



These new community safety surgeries will be held by Lead Member Cllr Ohid Ahmed and the Police, in every ward in Tower Hamlets. Located in the new Mobile Police Office, the surgeries will give residents the chance to raise issues of crime and anti-social behaviour in the area, and the Council and Police an opportunity to inform residents of how they are tackling it. The surgery will be followed by a walkabout in various locations across the ward:

Residents do not need to register and can just show up on the day.

Have your say on SAFETY in a ward near you

Residents are invited to join Cabinet Member for Community Safety, Councillor Ohid Ahmed and Borough Commander, Andy Ewing, to discuss community safety issues in four wards.

Date Friday 16th January
Ward ST KATHARINES & WAPPING
Surgery 9.30am-10.30am
Location St John Orwell Sports Centre
Walkabout 10.30am-12.00pm
Meeting point St John Orwell Sports Centre

Date Friday 30th January
Ward BETHNAL GREEN
Surgery 9.30am-10.30am
Location Withy House, Globe Road
Walkabout 10.30am-12.00pm
Meeting point Withy House, Globe Road

Date Friday 13th February
Ward BLACKWALL
Surgery 9.30am-10.30am
Location Castalia Square
Walkabout 10.30am-12.00pm
Meeting point Castalia Square

Date Friday 27th February
Ward POPLAR
Surgery 9.30am-10.30am
Location Poplar High Street, opposite Stoneyard Lane E14
Walkabout 10.30am-12.00pm
Meeting point Poplar High Street, opposite Stoneyard Lane E14

Details of the **Community Safety Surgery** in your ward can be found online: bit.ly/1lvBu87

Details of the **Community Safety Walkabout** in your ward can be found online: bit.ly/VNcg8U



TOTAL POLICING





Arts festival for deaf & hard of hearing

There's free family entertainment at the Incloodu arts festival for deaf and hard of hearing people at Rich Mix this month. Daytime performances are followed by an evening programme for adults.

WWW.INCLOODU.CO.UK

Dates for your diary

Send details about your regular events to be included in our Out & About diary listings.

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Get a Life!

concessions.
Chisenhale Dance Space,
64-84 Chisenhale Road, E3
8981 6617
chisenhaledancespace.co.uk

Pollyanna Training Theatre
Drama and musical theatre
for ages 4-16 in Wapping, E1.
7481 1911

Rhyme time
Thurs, 2-3 pm.
Watney Market Library,
30-32 Watney Market, E1.
7790 4039

Young & talented?
Performing arts group for
6-to 16-year olds. Sats,
10.30am- 1.30pm, term-time.
Oxford House,
Derbyshire Street, E2.
8556 5348

Parent & child

Dance play
Dance and movement, songs
and rhymes for parents/carers
and their children aged 1-5
years. Weds, 10.30-11.30am,
term-time only. Cost £2 per
child (in adv) or £3.50 drop-in
rate, discounts available.
Language of Dance Trust,
Oxford House,
Derbyshire Street, E2.
7749 1131
info@lodc.org

Toyhouse library
Mons, 1.30-3.30pm, Halley
Primary School, Halley Street,



THE Half Moon Theatre in Limehouse starts the New Year with a full programme of performances for youngsters this month. This Friday and Saturday, January 16 & 17, Tangled Feet takes a fun but thoughtful look at the lives of young carers in *Need a Little Help*. Based on the experiences of young carers, it explores what it means to look after someone else when you are young – making toast,



(Left) The Shoe Kangaroo and the Big Bad Boot goes to a fantastical island of lost shoes
(Above) Cirkus Spectakular is a hilarious show from Eastern Europe

counting pills, looking after someone else, as well as packing in school, playtime and friends. The shows run for 40 minutes and are designed for ages 3-7. They are on at 10.30am & 1.30pm on Friday and 11am, 1pm & 3pm on Saturday. The following weekend on Saturday, January 24 sees the return of Garlic Theatre with Shoe Kangaroo and the Big Bad Boot. It will take youngsters aged 4-9 on a fantastical journey to the island of lost shoes, with clowning, mime and beautifully crafted puppets.

Performances are at 11am & 2pm and last 50 minutes.

Cirkus Spectakular by Angel Heart Theatre arrives on Saturday, January 31 with a hilarious show for all the family, drawing on colours and sounds from the lands beyond Eastern Europe where the Mountain is King and the Forest is Queen. Shows are for ages 4-plus and are at 11am & 2pm. To book tickets for any of the shows go to www.halfmoon.org.uk/book or call the box offices on 7709 8900.

E14. Tues, 2-3.30pm, Cayley School, Aston Street, E14. Weds, 9.20-10.45am, Harry Roberts Nursery, Harford Street, E1. 1-2pm, TH Opportunity

Playgroup, 583 Commercial Road, E1. 9-11am, Old Church Nursery, Walter Terrace, E1. 9-11am, Alice Model Nursery School, 14 Beaumont Grove, E1.

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until baby is crawling.
07958 645978
www.clareday-yoga.co.uk

Social

3 Bees Café
Healthy vegetarian and fish dish, served for just £3, takeaways available. Tuesdays, 4-8pm. Kingsley Hall Community Centre, Powis Road, E3. 07501 468 193

Birchfield OAPs club
Mon-Fri, 7-9.30pm; Weds, 1-4pm
50 Saltwell Street, E14.

Fern Street Settlement
Fern Street, E3.
7987 1949

Globe Town bingo club
Pensioners group with bingo and social activities. Thursdays, doors open 12pm. Bingo 2-4pm. Globe Town Community

Centre, Bullards Place, E2.
07939 965141

Golden Ladies
Pensioners group for bingo and social. Weds, 2-4pm. Isle of Dogs Bowls Club, Millwall Park, E14. 7987 6824

Little Spitz' under-5s playgroup
Weds, 10am-12pm, 50p. Tours and stories. Spitalfields City Farm, Buxton Street, E1. 7247 8762

Tower Hamlets U3A
Tower Hamlets University of the Third Age offer courses for over-50s to learn T'ai Chi, jazz appreciation, art appreciation, history walking and more. £10 yearly membership. Various days and times. St Margaret's House Settlement, 21 Old Ford Road, E2.



THE Space arts and community centre has announced its programme of events from January until May 2015, beginning with a festival featuring solo performances by a range of theatre professionals. The One Festival returns for its third outing at the Isle of Dogs venue from January 7 to 18 and showcases the work of 17 individual acts, including a pop-up book storytelling, a Sid Vicious fanatic, a zombie puppet show and a musical for Sigmund Freud. Performances will be separated into programmes, with each one running on three days during the two-week residency. Centre director Adam Hemming said: "It's hard to find opportunities to showcase shorter pieces of work and a lot of great material is underperformed as a result. The One Festival combats this by bringing people together to create four programmes of solo performance." The Space is at 269 West Ferry Road, E14. Tickets for the shows cost £12/£10 and can be booked at www.space.org.uk



All together

Leisure centres are run in a partnership between GLL and the council.

You've got to be in it to win it...

To enter the competition below, send your name, address and phone number on a postcard to: East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar E14 2BG by Friday, January 23, or email...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Reader offers

Win your way to fitness

READER OFFER

IF you have set yourself some daunting fitness goals this year, fear not – the Better fitness team at the leisure centres in Tower Hamlets has a range of fun activities to keep you on track in 2015.

Why not try the state of the art equipment in its gyms, have a refreshing swim in its pools, or perhaps give those legs a powerful work out in kick boxing classes?

The GLL leisure centres are run in partnership with the council and Better, the UK's largest leisure provider. They have a timetable of daily, individual or group activities that can fit in to your daily routine... and if your New Year's resolution is to have more energy and to be fitter and healthier, the fitness experts at Better are on hand to get you on the right track.

For more information on how to get fit

and healthy in 2015, simply head to your local Better leisure centre and ask for details or visit www.better.org.uk to find out what's happening in your area and book online.

East End Life has joined up with Better to offer free access to some of the fitness programmes. You could win:

■ **Free Better Annual Health & Fitness Membership*** – enjoy most of the facilities at the Better leisure centres in Tower Hamlets as often as you want, including the gym, swimming pool and over-60 group exercise classes.

■ **Free Junior Sports Course**** – learn all you need to know about a sport of your choice, with 14-week courses in a range of sports including football, swimming, basketball, athletics and gymnastics.

■ **Free 1 Month pass for Young@Heart over-50s Programme***** – come along to

as many over-50s Young@Heart sessions as you like, where you can take part in activities that are designed to keep you fit and active, as well as socialise and meet new friends. There are more than 30 activities to choose from, including Pilates, badminton, line dancing, swimming, table tennis and lots more!

To enter send your name, address and daytime phone number to the email or postal address above, putting Better as the subject and giving your preference for the prize you would like to win – one choice only. The closing date is Friday, January 23.

T&Cs

*Age restricted to over 16 years, must not already be a pre-paid Health & Fitness member. **Age restricted to 5-15 years, must not already be on a GLL sports course. *** Age restricted to over 50 years, must not already be a pre-paid Health & Fitness member. No alternative prizes/cash alternatives are offered. GLL has a right to replace the prize with something of equal or greater value without notice.



my future

Jobs, Courses and Training Opportunities for Young People



Important Notice

We regret to inform you that due to unforeseen circumstances the My Future event due to take place on Thursday 15 January 2015 at Limehouse Youth Centre will no longer take place.

We're still able to support you in finding opportunities!

For the latest opportunities visit www.towerhamlets.gov.uk/Youth

To find out more about the support we offer or to arrange a meeting with the Targeted Youth Support team call 020 7364 5834/1956 or email targeted.support@towerhamlets.gov.uk



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New Vic Community Centre

Tower Hamlets College



Penny's picks are As Good As Meat

Vegetarian blogger Penny Wilson's kids have never eaten meat and have no desire to. "We don't much care what other people eat, so long as we are left to enjoy our food," she says.

WWW.ASGOODASMEAT.COM

Boost your business

Restaurant reviews are a popular feature of East End Life. If you would like to advertise on this page,

CALL OUR ADS TEAM ON 7364 4061

Eating out, eating in

Pankhurst, pinball and pizza at a perfect local

BY GORDON BLUE

WHAT would be the perfect Christmas gift for a restaurant reviewer this Yuletide?

How about your nearest pub getting converted into a cool local, replete with cock-tails, dark interiors and a pinball machine? Luckily, I've been a very good boy all year so I've received what I wished for.

Out goes Jaunita and other Sunday cabaret acts and in comes a vinyl jukebox, exposed brick walls and a sourdough pizzeria. I am dizzy with excitement.

The Morpeth dates from 1850 and features a Bow Heritage plaque commemorating Sylvia Pankhurst, the suffragette who, for a time, lived in a house next door that no longer stands.

Morpeth himself was an MP who regularly exchanged sonnets with Romantic poet William Wordsworth.

What better way to kick the night off and test the pub's mettle than ordering a gin martini? It is prepared lovingly with a crackling bathtub gin and I am literally happy as a sandboy*.

The cocktail list is short and sweet, encompassing the classics. To have a pub so nearby that knows the craft of the cocktail is a dangerous thing for me and I start mentally crossing out some of my New Year's resolutions before 2015 had barely started.



Our reviewer is happy as a sandboy at the Lord Morpeth

The wine list is equally as exciting and interesting and the silver fox plumps for a large glass of the house red.

Pizzas, we agree, are pretty much the best we've ever had and a quick glance at our torsos would indicate we've had quite a few. My marinara with creamy fresh buffalo was amazing: toothsome base, punchy tomato sauce and a pretty special mozzarella.

The silver fox went hell for leather and indulged in a quattro formaggio. Cheesy heaven. Generous on the toppings and an expertly handmade base.

I couldn't wish for a better local and my gratitude floweth over. The experience was so good I came back the next day with

a family of four and service remained impeccable: friendly, welcoming and speedy.

Two ate enormous pizzas alongside some pretty special drinks for less than £30 all in. I'm so happy to have this little gem of a local on my doorstep and I wish the team Jack, Rowan and Caroline a very prosperous and successful 2015!

*Did you know the saying 'happy as a sandboy' originates from publicans using sand to spread on bar floors to catch spills. The sand was delivered by sandboys who were part paid in drink!

Lord Morpeth, 402 Old Ford Road, Bow. Tel: 3022 5888.

You say tomato, I say tomatoes

AFTER the excesses of Christmas, I find myself craving simple food.

And this recipe for tomato soup is so easy! I buy a bowl of tomatoes from my local grocer which produces enough soup for the three souls in our house.

Tomato soup – serves 3

Ingredients:

1kg of tomatoes
1 tbsp vegetable or sesame oil
Salt & white pepper
Water
Dollop of cream, yoghurt or quark



Method

1. Wash the tomatoes and put them in a saucepan with the vegetable or sesame oil.
2. Season with the salt and pepper.
3. Add enough water so the tomatoes are just covered.
4. Cook slowly, stirring frequently, until the fruit has popped and started to break up.

5. Put the lid on the pan and cook for another five to ten minutes.
6. Remove from the heat, leave to cool for ten minutes, then blend the whole lot.
7. Add the cream, yoghurt or quark if you prefer a creamier taste. Enjoy your homemade, winter soup!

By Penny Wilson

Calling all advertisers!

2015 New Year Advertising Offer

Call the sales team now to secure your space

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*Excludes recruitment, training and public notice advertisements.

Buy one advert and get the next one completely FREE in a January edition of East End Life.*



If you love someone say it with East End Life in association with...

Free Valentine's Message!

East End Life in association with **Regents Lake Banqueting Venue**, are offering you the chance to place a **FREE Valentine's message** of not more than 20 words. It will appear in our Valentine's Special, published on Monday 9th February 2015.

Send your Valentine's message by post to:

Valentine's Messages, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, London E14 2BG or Fax: 020 7364 4384, Tel: 020 7364 4682 or email: terri.gornall@towerhamlets.gov.uk

Messages received after 1pm on Friday 30th January 2015 will not appear.



Bow Wharf
221 Grove Road
London E3 5SN

www.regentslake.co.uk
info@regentslake.co.uk
Tel: 020 7998 9455

Regents Lake Banqueting Venue

Proud to sponsor your Valentines messages!

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

For all other healthcare needs visit www.nhs.uk, call **NHS 111** for urgent medical advice or think:

Self care

- ☒ Stock up on medicines
- ☒ Stay at home
- ☒ Get plenty of rest

Pharmacy

- ☒ Experienced pharmacists
- ☒ No appointment needed
- ☒ Expert advice on medications

GP

- ☒ Experienced doctors
- ☒ Appointment system
- ☒ Early morning, evening and Saturday appointments

NHS Symptom Checker

- ☒ Online access
- ☒ Check your symptoms
- ☒ Advice on what to do next

অন্যসব স্বাস্থ্যসেবা চাহিদার জন্যে দেখুন www.nhs.uk, জরুরী মেডিকেল পরামর্শের জন্যে এন.এইচ.এসে 111 নম্বরে কল করুন অথবা ভাবুন:

আত্ম সেবা

- ☒ ঔষুধ সংগ্রহ করুন
- ☒ বাসায় থাকুন
- ☒ যথেষ্ট বিশ্রাম করুন

ফার্মাসী

- ☒ অভিজ্ঞ ফার্মাসিস্ট
- ☒ কোনো এপয়েন্টমেন্টের প্রয়োজন নেই
- ☒ ঔষুধের উপর বিশেষজ্ঞের পরামর্শ

জিপি

- ☒ অভিজ্ঞ ডাক্তার
- ☒ এপয়েন্টমেন্ট ব্যবস্থা
- ☒ অনেক সকাল, সন্ধ্যা ও শনিবারের এপয়েন্টমেন্ট

এন.এইচ.এস উপসর্গ পরীক্ষক

- ☒ অনলাইন সুযোগ
- ☒ আপনার উপসর্গ পরীক্ষা করুন
- ☒ এরপর কি করতে হবে তার পরামর্শ দিন

W razie posiadania innych potrzeb zdrowotnych proszę odwiedzić stronę: www.nhs.uk; w celu uzyskania pilnej porady medycznej zadzwonić pod numer **NHS 111** lub skorzystać z:

Samoopieki

- ☒ Uzupełnij leki w domowej apteczce
- ☒ Pozostań w domu
- ☒ Dużo odpoczywaj

Apteki

- ☒ Doświadczeni farmaceuci
- ☒ Brak wyznaczonych wizyt
- ☒ Profesjonalne porady odnośnie leków

Usług lekarza pierwszego kontaktu (GP)

- ☒ Doświadczeni lekarze
- ☒ System umówionych wizyt
- ☒ Wizyty poranne, wieczorne oraz sobotnie

Leksykonu Objawów NHS (NHS Symptom Checker)

- ☒ Dostęp online
- ☒ Sprawdź swoje objawy
- ☒ Porada odnośnie dalszego działania